

# Monsoon

ONE DOLLAR

## Journal

SEPTEMBER 2018  
VOL 13 ISSUE 4

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## Gary Anandasangaree appointed Parliamentary Secretary to the Minister of Canadian Heritage and Multiculturalism

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By Siva Sivapragasam

Gary Anandasangaree, Member of Parliament for Scarborough - Rouge Park, has been appointed Parliamentary Secretary to the Minister of Canadian Heritage and Multiculturalism.

Mr. Anandasangaree was elected the Member of Parliament for Scarborough - Rouge Park in 2015. Gary Anandasangaree has been a passionate advocate for social justice and has been a crusader on human rights issues and equality both in Canada and abroad. Gary becomes the first person of Sri Lankan Tamil origin to be appointed to this prestigious post.

Gary graduated with an Honours degree in Political Science in 1996 from Carleton University and was awarded the Henry Marshall Tory Award in recognition of his outstanding contribution to the University while attaining a high academic standing. He graduated in 2005 from Osgoode Hall Law School and was called to the Bar in Ontario in 2006. Gary ventured on his own, initially as a sole practitioner, and then established Gary Anandasangaree and Associates Professional Corporation.

As a refugee himself, Gary was personally moved by the first boatload of Tamils who came to the shores of Newfoundland in 1986. He has followed their passage and has worked to acknowledge the inspiring work of the Canadian Captain and crew responsible for their rescue. He has developed a special bond with the people of Admirals Beech in Newfoundland and with the Captain and Crew of the rescuers

and has documented their stories. In 2009, and 2010, Gary was inspired and moved by the arrival of the MV Ocean Lady and MV Sun Sea. He was one of the lawyers present on arrival and coordinated the triage and subsequent responses, both legal, and media to Canadians.

Since 2009, Gary Anandasangaree has engaged the United Nations Human Rights Council system by representing Lawyers' Rights Watch Canada, an EcoSoc Accredited Organization with the United Nations System. He has intervened and presented to Council on issues relating to the independence of judges and jurors, and accountability in Sri Lanka and Syria. He has presented at Panels and lead delegations to meet with Governments. He has trained and mentored over 10 young professionals in engaging the UNHRC.

Gary is married to Harini and they have two young girls, Bairavi and Sahanah.

"As I accept this new role, I am guided by the values this country has taught me: Inclusiveness, Diversity, Multiculturalism and Equality. This new role will enable me to bring my



Prime Minister Justin Trudeau with Gary Anandasangaree, MP

experience and perspective to defend these important values and to ensure that our country remains an open country where we look at people's differences as a source of strength and not as a weakness. I will defend these

values each and every day, and work hard towards strengthening our country, and building a more just society. Thank You, Merci, Miigwetch, Nandri !", stated Gary Anandasangaree after his new appointment.

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## Ontario's Government for the People Announces Compassionate Wind Down of Basic Income Research Project

TORONTO - Ontario's Government for the People announced today that the Basic Income research project will wind down at the end of the fiscal year.

"We have a broken social service system. A research project that helps less than four thousand people is not the answer and provides no hope to the nearly two million Ontarians who are trapped in the cycle of poverty," said Lisa MacLeod, Minister of Children, Community and Social Services. "We are winding down the basic income research project in a compassionate way."

The wind down of the basic income research project was first announced in July and it is now confirmed that payments to eligible participants will continue until March 31, 2019. This will allow participants enough time to transition to more proven support programs without putting an undue bur-

den on Ontario taxpayers.

"Ontario's Government for the People is winding down this research with a compassionate and lengthy runway. Winding the research up at the end of the fiscal year is the best option for those in the research project," said Minister MacLeod.

The research project had an extraordinary cost for Ontario taxpayers which, according to the Ministry of Finance, would require increasing the HST from 13 per cent to 20 per cent if implemented across the province.

The Government for the People has committed to a 100 day review of social assistance and poverty reduction strategies in Ontario to best assist the 1 in 7 people in the province who are living in poverty. The plan is expected on November 8, 2018.

- news.ontario.ca

## Tougher Penalties for Dangerous Driving Start September 1

### New careless driving charge includes possible jail time

August 31, 2018

Ministry of Transportation

Ontario's Government for the People is taking steps to ensure Ontario's roads are safe for everyone. Starting September 1, there will be tougher penalties for careless driving and endangering pedestrians.

Drivers convicted of careless driving causing bodily harm or death will face:

- Fines from \$2,000 to \$50,000
- Six demerit points
- A driver's licence suspension of up to five years
- Up to two years in jail

"Time and time again we've seen families devastated because a loved one is hurt or killed by a dangerous driver, and the driver walks away with no more than a slap on the wrist," said John Yakabuski, Minister of Transportation. "This new charge sends a clear

message that dangerous driving won't be tolerated."

Penalties will also increase for drivers who fail to yield to pedestrians at crossovers, school crossings and crosswalks. The maximum penalty will increase to \$1,000 and four demerit points.

Drivers are also reminded that they must yield the entire roadway at pedestrian crossovers, school crossings, and other locations where there is a crossing guard, and cannot continue driving until pedestrians have finished crossing the road completely.

"The number of pedestrians being injured and killed on our roads has reached a critical level," said Minister Yakabuski. "Tougher penalties help, but we need everyone to step up and do their part by driving safely and responsibly."

- news.ontario.ca

## Prime Minister Trudeau formally announces he'll run again in next year's election



Prime Minister Justin Trudeau addresses supporters during his nomination meeting in Montreal on Sunday.

Courtesy: Paul Chiasson/Canadian Press

Prime Minister Justin Trudeau addresses supporters during his nomination meeting in Montreal on Sunday. (Paul Chiasson/Canadian Press)

Prime Minister Justin Trudeau has announced that he will run again in the 2019 federal election.

The Liberal leader formally announced his nomination at a party event Sunday, August 19th in his Montreal riding of Papineau. The partisan crowd cheered as Trudeau reaffirmed his belief in what he called "positive politics", and took jabs at Conservative Leader Andrew Scheer, whom he

accused of exploiting fear and division.

The Liberal leader also promised to tackle a number of challenges that include protecting Canada's oceans, raising the standard of living for Indigenous Peoples and narrowing the gap between rich and poor.

Trudeau was first elected to represent Papineau in 2008, and was re-elected in 2011 and 2015.

The riding has been held by the Liberals for almost all of the last 50 years, with the exception of 2006 to 2008 when it was held by the Bloc Quebecois.

## Joint Statement by Premier and Labour Minister on Labour Day

The Honourable Doug Ford, Premier of Ontario, and the Honourable Laurie Scott, Minister of Labour, issued the following joint statement on Labour Day:

"It's our privilege on behalf of Ontario's Government for the People to help make our province the best place to work and live.

Here in Ontario, we're blessed with plentiful natural resources, a well-educated population, and a culture that

rewards hard work.

Your government is committed to more economic opportunity for Ontario's workers and wants everyone to have confidence in a safe workplace.

Together, we can create unprecedented jobs and prosperity — and send a message to the world that Ontario is open for business.

It's our pleasure to wish everyone a happy, healthy, and safe Labour Day!"

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# from the publisher's desk

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# September 15, International Day of Democracy: Contributing to a vibrant democracy at the local level in Ontario

It's September. It means many different things for people in Ontario and across Canada. For starters, it simultaneously signals the start of a new school year and the end of summer vacation. However, interestingly, it also serves as a refresher on one of the most fundamental ideas that makes our society healthy: democracy. On September 15, 2018, the world will come together to observe International Day of Democracy that was established by the United Nations.

According to the UN, "it provides an opportunity to review the state of democracy in the world. Democracy is as much a process as a goal, and only with the full participation of and support by the international community, national governing bodies, civil society and individuals, can the ideal of democracy be made into a reality to be enjoyed by everyone, everywhere." Furthermore, democracy itself thrives from the presence of human rights, fair and free elections, and freedom among people in Canada and abroad. These are all concepts enshrined within the UN Universal Declaration of Human Rights as well as the International Covenant on Civil and Political Rights.

For this year's commemoration, the theme will look at Democracy Under Strain: Solutions for a Changing World as it falls with the 70th anniversary of the Universal Declaration of Human Rights. This theme seeks to determine what systemic challenges lie ahead in efforts to stimulate democracy. It includes strengthening inclusion of young and marginalized communities, responsiveness to contemporary issues such as climate change, and addressing ongoing political as well as economic inequalities.

The UN 2030 Agenda for Sustainable Development mentions democracy in its 16th goal. It

highlights the link between peaceful societies and effective, accountable, and inclusive institutions. Since this day coincides with the 70th anniversary, the importance of human rights should enter private and public conversations on the wellbeing of democracy in our communities and across the world.

This is a great opportunity to consider the information and resources from the UN on healthy and inclusive processes and activities for democracy. It is particularly important because elections will be taking place across the Province of Ontario on October 22.

There have also been some significant changes to municipalities from the Province as this election approaches. Furthermore, elections at this level have received some of the lowest voter turnout numbers among all levels of government in Canada. In the 2014 municipal election in the province, there was an average turnout of 43.12% among municipalities in the province. Yet, municipalities have generally had control over some matters that have a direct and large impact on the quality of our livelihood such as land-use planning, recreational services and policing. If you seek to see changes to these decisions made by our city councils on these matters, seize the rights and privileges that are granted to you living in a society that rests on a healthy democracy.

Whether you're heading off back to school or to work this September, think critically about what you can do to practically contribute to a vibrant democracy at the local level in Ontario.

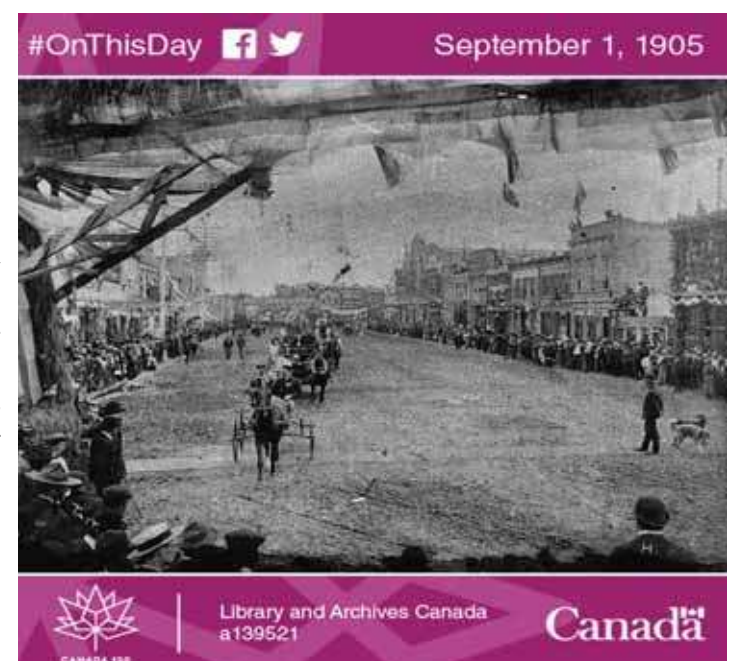
Contributed by **Harrish Thirukumaran**, 2019 Master of Public Policy Candidate at the Munk School of Global Affairs and Public Policy, University of Toronto.

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## Canada Historic Milestones: September 1, 1905

Saskatchewan and Alberta join Confederation together as the eighth and ninth Canadian provinces. By creating these provinces, the Canadian government of Wilfrid Laurier extends and occupies the land to the west of the Great Lakes, to prevent American expansionism. During negotiations in 1902 and 1905, the plan was to have one large province. But things turned out differently, as Laurier opted for two provinces because they would be easier to administer.



## Best Wishes

to all students, parents and teachers  
for a Productive and Happy New School Year  
- from Monsoon Journal-

“Realization of dream needed - Speedily reaping it forwarded” - Mahakavi Subramaniya Bharathiyaar (December 11, 1882 - September 11, 1921)

Printing the Winds of Change around us All lands home, all men kin.

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Use your Presto TTC card to travel many times with a single payment within a two-hour period

## 2-hour, time-based transfers for PRESTO users takes effect from late August

This policy approved by the TTC Board last November was implemented. With effect from 26th August 2018

Starting late last month, Toronto transit riders were able to use a PRESTO Smart Card to hop on and off TTC vehicles multiple times within a two-hour period.

The new policy will allow commuters to hop on and off transit vehicles as many times as they need within a two-hour window while only paying a single fare.

"The greatest benefit from this policy change stems from reducing the cost of transit, making it more affordable for multiple short distance trips, thereby giving TTC customers the flexibility they require to carry out everyday activities," the November 2017 report by TTC staff said.

The policy is estimated to cost \$11.1 million in 2018 based on an implementation in August and a full-year cost of

\$20.9 million as of 2020.

It will also add five million customer trips per year, TTC staff say.

The report says the change will help provide quality, flexible and competitive transit service to customers.

"[The policy] will help reduce the financial barrier and make transit more affordable for low-income riders. It will provide customers with greater access to the system, and an ability to make multiple short trips on one fare," the report said.



## Statement by Education Minister for Back to School



Honourable Lisa Thompson, Minister of Education

September 4, 2018:

Today the Honourable Lisa Thompson, Minister of Education, issued the following statement:

"I would like to officially welcome all of Ontario's students back to school.

My hope for the 2018-19 school year is that students successfully continue on their academic journeys, and also use this opportunity to develop new hobbies and interests. Whether it's academics, arts or athletics, we encourage everyone to work hard and have fun.

Thank you to all of the hardworking educators, school bus drivers, maintenance staff, school volunteers and families for their commitment to Ontario's students. Our Government looks forward to working with all of you. Together we will make education in this province better than it has ever been.

On behalf of Ontario's Government for the People, I would like to wish everyone a safe and productive year ahead."

- news.ontario.ca

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## Around the World

### Sri Lankan President Sirisena instructs officials to streamline and accelerate development programmes in the North & East

By Siva Sivapragasam

Sri Lankan President Sirisena has instructed government officials to streamline and accelerate development programmes in the North & East to uplift the livelihood of the people. The President requested the assistance of all the representatives in the province and the public servants to implement the development work.

The President's request came at a meeting of the Presidential Task Force held recently at the Presidential Secretariat attended by Ministers, leaders of the TNA and Government officials. The first meeting of the Presidential Task Force on the development of the Northern and Eastern Provinces was held under the patronage of President Maithripala Sirisena at the Presidential Secretariat and the President inquired into the progress of the implementation of the decisions taken at

that meeting.

The development plans of the Kankesanthurai Cement Factory, the Valaichchenai paper industry, the salterns in Elephant Pass and Kurunchayinu, and the industrial colony, and the project to strengthen industries with low performance and reactivate them were also finalized.

The increase in drug trafficking and violence in the Northern Province were also discussed and the President requested the Inspector General of Police to ensure the anti-narcotics drive was efficient.

Opposition Leader R. Sampanthan, Ministers Mahinda Samarasinghe, Ranjith Siyambapitiya, Gayantha Karunathilake, D.M. Swaminathan, Rauff Hakeem, Northern Province Governor Reginald Cooray and Eastern Province Governor Rohitha Bogollagama attended the meeting.

### UN mourns death of former Secretary-General Kofi Annan, 'a guiding force for good'



The United Nations is mourning the death of former Secretary-General Kofi Annan, who passed away peacefully after a short illness, according to a statement published on his official Twitter account recently. The renowned Ghanaian diplomat was 80 years old.

Mr. Annan was the seventh man to take the helm of the global organization and the first Secretary-General to emerge from the ranks of its staff.

The current UN chief, Antonio Guterres hailed him as "a guiding force for good" and a "proud son of Africa who became a global champion for peace and all humanity."

"Like so many, I was proud to call Kofi Annan a good friend and mentor. I was deeply honoured by his trust in selecting me to serve as UN High Commissioner for Refugees under his leadership. He remained someone I could always turn to for counsel and wisdom

— and I know I was not alone," Mr. Guterres said in a statement.

"He provided people everywhere with a space for dialogue, a place for problem-solving and a path to a better world. In these turbulent and trying times, he never stopped working to give life to the values of the United Nations Charter. His legacy will remain a true inspiration for all us."

Kofi Annan was born in Kumasi, Ghana, on 8 April 1938.

He served as UN Secretary-General for two consecutive five-year terms, beginning in January 1997.

Mr. Annan joined the UN system in 1962 as an administrative and budget officer with the World Health Organization (WHO) in Geneva, rising to hold senior-level posts in areas such as budget and finance, and peacekeeping.

As Mr. Guterres noted: "In many ways, Kofi Annan was the United Na-

### Regional airport in Palaly with Indian flights to begin by end of the year

India will provide assistance to up-grade airport runway, buildings etc.

"India is keen to extend further assistance to develop the housing, ports and airports sectors in Sri Lanka".

Foreign Minister Sushma Swaraj

New Airport will provide employment and help build closer cultural renaissance between Tamil Nadu and Jaffna

By Siva Sivapragasam

The Governments of Sri Lanka and India have decided to upgrade the Palaly airport in Jaffna to the level of a regional airport with flights from Chennai and Tiruchchi to Palaly to commence by the end of the year.

Indian officials from the Civil Aviation Authority have already visited the Palaly airport for renovation studies

Prime Minister Ranil Wickremesinghe had agreed during a meeting with the Indian High Commission officials, to obtain Indian aid to develop the Palali Airport in Jaffna as a provincial airport. Palali airport was used for air travel between Madras, India and Jaffna in the 1960's. Indian officials who had visited the Palali Airport recently had assured that the development could be done on the current surface.

Sri Lankan authorities are currently looking at the possibility of developing the Palaly airport with state assistance amounting to about Rs.1 billion.

The airport had been under the scanner by the Indian government which had expressed interest in developing, viewing it as a regional airport as well.

Discussions between the Indians and the Aviation Ministry were held last year regarding the development of the Northern airstrip which is currently run by the Sri Lanka Air Force (SLAF).

Under the renovation plan, the air-

tions. He rose through the ranks to lead the organization into the new millennium with matchless dignity and determination."

From his beginnings in Geneva, Mr. Annan held UN posts in places such as Ethiopia, Egypt, the former Yugoslavia and at Headquarters in New York.

Following Iraq's invasion of Kuwait in 1990, he was tasked with facilitating the repatriation of more than 900 international staff as well as the release of Western hostages.

He later led the first UN team negotiating with Iraq on the sale of oil to fund purchases of humanitarian aid.



field will be converted from the existing 1000 metre runway to a 1200 metre runway.

At present there is one terminal that has a capacity of about 200 people which is expected to be assessed for development.

There had been an air service between Palaly and Madras and Tiruchi, before the ethnic conflict turned the airport into a military base.

The new airport will also help to build a closer cultural renaissance between Tamil Nadu and Jaffna like what it was during the pre 1956 era when there were flights between Chennai & Jaffna. Several well-known musicians, speakers and dancers used to fly down from Tamil Nadu to give performances in Jaffna.

Immediately prior to his appointment as Secretary-General in January 1997, Mr. Annan headed the UN Department of Peacekeeping Operations during a period which saw an unprecedented growth in the Organization's field presence.

His first major initiative as UN chief was a plan for UN reform, presented to Member States in July 1997.

Mr. Annan used his office to advocate for human rights, the rule of law, development and Africa, and he worked to bring the UN closer to people worldwide by forging ties with civil society, the private sector and other partners.





## Cargills Bank begins money remittances to Sri Lanka with RippleNet

### *Cargills Bank in Sri Lanka will join RippleNet to facilitate cross-border money remittances to Sri Lanka*

By Siva Sivapragasam

Cargills Bank will use xCurrent, Ripple's blockchain based enterprise software solution, to enable safe and secure cross-border transactions.

By joining RippleNet, Cargills Bank sees an irresistible reason for remittance agencies and banks to also join Ripple and link with Cargills Bank to leverage a country-wide payout network.

Rohan Muttiah, Chief Operating Officer, Cargills Bank Bank told Media "We use technology to make Banking and payments simple, convenient, and accessible. Joining RippleNet allows Remittance Agents and Banks to leap frog sources of friction and complexity in Inward Remittances, while offering beneficiaries unparalleled access to their funds through Cargills Food City supermarkets. With our practical use of Blockchain from a globally recognized brand such as Ripple, we have once again demonstrated judicious use of technology to underpin a strong

business case," added COO Muttiah.

Navin Gupta, Managing Director South Asia and MENA, Ripple said, "We understand how important remittance payments are to families that rely on them for necessities. Working with Cargills Bank will allow us to connect Sri Lanka to a financial system where remittance payments get to people faster and at a lower cost than ever before".

'Cargills' is a brand that has been faithfully serving Sri Lankans for 174 years, built on a foundation of values and ethics. True to this heritage and the ethos of 'Banking on the Human Spirit', Cargills Bank is taking banking to the masses by being inclusive and accessible. Cargills Bank's Head Office is in Colpetty with branches at Maitland Crescent, Maharagama, Old Moor Street, Wattala, Rajagiriya, Kandy, Peradeniya, Nuwara Eliya, Ratnapura, Thanamalwila, Matara, Galle, Kurunegala, Chilaw, Kaduruwela, Vavuniya, Chunnakam, and Jaffna.



**Cargills Bank Money Remittances Team**

From left: Cargills Bank Manager Remittances Kithmini Kumaranayake, Cargills Bank MD/CEO Rajendra Theagarajah, Ripple Senior Vice President Global Sales John Mitchell, Ripple Sales Director South Asia Ravi Subramanyam, and Cargills Bank Senior Manager IT Application Development Indika Fernando)

## Obituary

### Veteran Indian Journalist Kuldip Nayar passes away

By Siva Sivapragasam

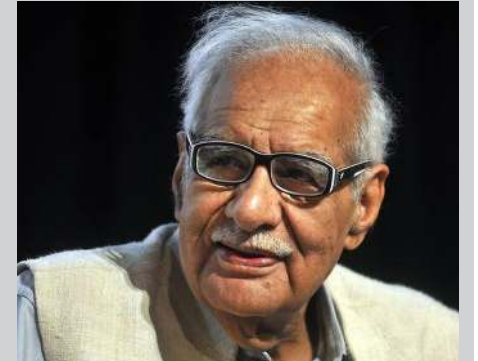
Veteran Indian journalist and a leading writer Kuldip Nayar passed away at age 95.

Nayar was a journalist who fought fiercely for press freedom and protection of civil liberties.

He was a journalist, a human rights activist, a former envoy, a former parliamentarian...playing all his roles with aplomb, making it difficult to remember him for one of the many hats he donned in his lifetime.

He was jailed during the time of Indira Gandhi's Government's Emergency period for his writings on Press Freedom and for condemning the Emergency.

Nayar, known as a crusader for civil rights and press freedom, worked in several newspapers including as the editor in the Statesman. He had also served as the Indian High Commissioner to the United Kingdom in the 1990s and was nominated to the Rajya



Sabha in 1997. His columns and writings have appeared in over 50 newspapers and in 2015, Nayar was honoured with 'Lifetime Achievement Award' for his contribution to journalism at the Ramnath Goenka Excellence awards.

Prime Minister Modi in his condolence message referred to Kuldip Nayar as "an intellectual giant of our times".

Historian Ramachandra Guha tweeted, "...He was a journalist who followed the dictates of his conscience rather than the lure of money or fame"

## Statement by Barack Obama on passing of US Senator and 2008 Republican Presidential Nominee, John McCain:

"John McCain and I were members of different generations, came from completely different backgrounds, and competed at the highest level of politics.

But we shared, for all our differences, a fidelity to something higher – the ideals for which generations of Americans and immigrants alike have fought, marched, and sacrificed.

We saw our political battles, even, as a privilege, something noble, an opportunity to serve as stewards of those high ideals at home, and to advance

them around the world. We saw this country as a place where anything is possible – and citizenship as our patriotic obligation to ensure it forever remains that way.

Few of us have been tested the way John once was, or required to show the kind of courage that he did. But all of us can aspire to the courage to put the greater good above our own. At John's best, he showed us what that means. And for that, we are all in his debt. Michelle and I send our most heartfelt condolences to Cindy and their family."

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BY THULASI MUTTULINGAM

# HUMANS OF NORTHERN SRI LANKA

"Humans of Northern Sri Lanka" is a Facebook Community page by Thulasi Muttulingam, a journalist based in the North of Sri Lanka. To follow the updates, "Like" the page at: [www.facebook.com/pages/Humans-of-Northern-Sri-Lanka](http://www.facebook.com/pages/Humans-of-Northern-Sri-Lanka)

## Teaching course and Thank you

Am currently at a shatteringly intensive teaching course, making me question my sanity, my ability to teach, my knowledge of the subject matter (the English language), and indeed my will to live.

I am currently failing several targets in the course - but at the end of

every practice lesson when I think of dropping it altogether because I can't stand the feeling of being a failed teacher anymore, the students - mainly Afghan and Pakistani refugees fleeing persecution as minorities in their own countries - make it a point to file past while saying 'thank you, teacher'

with genuine warmth and gratitude in their eyes and voice. No matter how difficult the lessons were or how badly I botched teaching them, they always say thank you.

By that time it would be 3.00 pm and I would only then remember I had not only skipped sleep the pre-

vious night, but also breakfast and lunch - and as in the case of today, water for the entire day too.

Yet at the point of mental and physical collapse, a simple 'thank you teacher' reinforces my spirit to try again harder, for another day.

Thank you to all my students.



And so it starts..

### Hand writing and full circle

Anyone here who relearned proper handwriting as an adult? Any tips?

I started out with excellent handwriting as a kid, then lost it as an adult. For several years now, the only writing I have done by hand is to scribble notes as a journalist; everything else is typed on the computer.

Sad result: I was mortified by my handwriting on the white board recently as a trainee teacher.

I might be a teacher for real, and for kids soon too.

I can't expose them to that ghastly handwriting.

Any tips on how to improve? I've already determined to buy the four ruled handwriting books I practised on as a kid. Come full circle.

### English lessons and Karma

I must have been a real headache to my English teachers growing up, now that I think of it.

Every time they taught a grammatical rule, my mind would immediately fly to those instances where the rules didn't hold, and I'd ask, "What about this or that then?"

I didn't do it to deliberately annoy them. I was genuinely puzzled by why certain words / sentences as I knew them, did not fit into the rules the teacher taught.

For my efforts, I was either glared at and told to shut up, or told that what I was asking was 'the exception to the rule.'

It led to a) my parents getting to hear that I was either eerily quiet or a smartass trying to trip the teacher up in class - some of the less competent teachers thought I was a vicious kid who had it in for them, and they went to the extent of starting personal vendettas against me.

b) my own realization that nearly all English grammar rules had exceptions to the said rules. So why learn the rules? I stopped bothering about them altogether.

Result: today before going in for my English lessons, I need to look up the difference between a verb and a noun, and what either means.

Doesn't help when the grammar talk around me is about modals, auxiliaries, transitives and intransitives.

Even worse when even my elementary level students know far more about grammar than I do and trip me up with questions like, "Teacher, what type of verb is that? Shouldn't it be transitive?"

Karma coming to bite me I suppose.

### Amma and classes

Amma came to Colombo to cook for me because she was worried about the junk food I was subsisting on.

She laid out quite a spread for breakfast; pittu, stringhoppers, various curries... but I unfortunately didn't have the time to eat them. I was running late for class.

We are supposed to be at least 15 minutes early for classes at CELTA.

My mother of course was not having any of it. Even as I was hastily checking my homework for the last time, and then flying around packing my various folders into my backpack, she kept insisting I eat.

"Have this pittu and soya meat curry. It's your favourite. It will go down fast."

"No Mom, I absolutely don't have time. Ohmigod, Ohmigod, Ohmigod, where did I put my lesson plans?"

Mom: Then how about this stringhopperkottu. It won't take more than a few minutes to eat."

Me: Ohmigod! I still haven't finished this sub-section of the detailed lesson plan. Amma, leave me alone. I need to panic in peace, while I work this out.

Mom: This is what happens if you don't eat. Here eat this <offers some other dish>.

Me: <Flying around looking for my toothpaste, looking for my glasses, looking for my one missing sandal as this process continues through the morning> AMMA, will you leave me alone!?"

Mom: No, You absolutely have to EAT this before you go anywhere. SIT DOWN."

Me: EEEEEEE! It's 7.55 am. Class starts at 8.00."

Mom: <Makes threatening gesture> EAT!

I eat. I shovel in the food, regret I don't have the time to taste the food, then go racing to class - and burst in at 8.10 am.

The students I am supposed to teach are already assembled at the front of the class. My fellow trainee teachers give me horrified looks from the back of the class. My instructor looks up with a black face (its actually a white face, but is perfectly capable of looking like a thun-

### Journalism and teaching

When I gave up accountancy for journalism a decade ago, I got a lot of snide remarks to the tune of, "Oh accountancy was too difficult for you so you took up journalism eh?"

As if any idiot could do journalism. Who makes these value judgments on professions?

Now that I am seemingly moving into teaching, I am getting comments to the tune of "Oh, are you dropping journalism because it's too difficult for you?"

Yeah, because I was so obviously struggling with my journalism work over the last few years. And any idiot can take up teaching English as a second language if all else fails.

I should be done by now with people who deliberately try to undermine my sense of self-worth, but it never does fail to surprise me. Mainly how jobless these people are, to be so focused on others' lives and motivations.

For the record, I am not leaving journalism behind. I am taking up a part time teaching job which I trust will leave me time on the side for journalism as well.

This is a world in which we all have to hustle - and it helps if we have a diverse portfolio of qualifications and work experiences. You never

know which one could come in handy at any particular time. To be dependant on one profession alone is foolhardy these days. So tell that uncle and aunty who clocked in a 9.00 to 5.00 job as a desk clerk in an obscure government building for 30 years to stuff it. They have lived their definition of success. It isn't mine.

I am also a person who likes continually learning new things and challenging myself with mastering new skills for personal growth. For this, I do not depend on climbing the traditional ladder of success - moving up in administrative duties at work, having a car, a white collar jobbed husband sweating it out in a tie in 35°C heat, and the required 2.2 kids attending international schools speaking impeccable English. So sorry, I let you down society. But my life and how I choose to live it is none of your business.

I have had offers for editorship positions several times over the last few years - but as I told the recruiters, my definition of success is NOT tied to a desk job, bossing other people around.

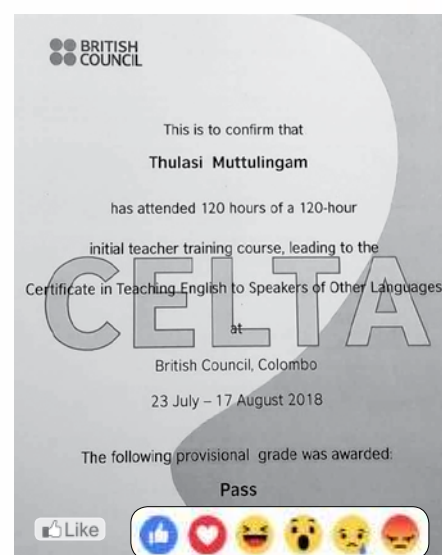
So I continue to grow - at my own pace and in ways that makes eminent sense to me, if not to the average aunty or uncle out there. Hold

dercloud) as I waltz past him to the front of the class, to take my practice teaching session.

I open my mouth - and no words come out. I am too panicked.

~ And then I opened my eyes. I had been having a nightmare during my midday nap. My body and mind must have been rebelling that I was not at the CELTA classes as I had trained them to be.

your fire. I promise I will not come to you for handouts if my life fails. And if I choose to 'only be a journalist' after studying CIMA, or 'only be a teacher' after 10 years of journalism, it's still my business, not yours. Thank you.



And now to catch up on a month's worth of sleep...The CELTA program is administered by Cambridge University, one of the most prestigious universities in the world. CELTA stands for 'Certificate in Teaching English to Speakers of Other Languages'





## Statement by Barack Obama on passing of US 'Queen of Soul' singer, Aretha Franklin

"America has no royalty. But we do have a chance to earn something more enduring. Born in Memphis and raised in Detroit, Aretha Franklin grew up performing gospel songs in her father's congregation.

For more than six decades since, every time she sang, we were all graced with a glimpse of the divine. Through her compositions and unmatched musicianship, Aretha helped define the American experience. In her voice, we could feel our history, all of it and in every shade—our power and our pain, our darkness and our light, our quest for redemption and our hard-won respect. She helped us feel more connected to each other, more hopeful, more human. And sometimes she helped us just forget about everything else and dance.

Aretha may have passed on to a better place, but the gift of her music remains to inspire us all. May the Queen of Soul rest in eternal peace. Michelle and I send our prayers and warmest sympathies to her family and all those moved by her song."

### Bio of Aretha Franklin:

"Aretha Louise Franklin was born March 25, 1942 to Barbara (née Siggers) and Clarence LaVaughn "C. L."



Aretha Franklin, taken in 1968

Franklin. She was delivered at her family's home located at 406 Lucy Avenue, Memphis, Tennessee. Her father was a Baptist minister and circuit preacher originally from Shelby, Mississippi. Her mother was an accomplished piano player and vocalist."

"Just after her mother's death, Franklin began singing solos at New Bethel, debuting with the hymn, "Jesus, Be a Fence Around Me".[13][23] When Franklin was 12, her father began managing her; he would bring her on the road with him during his so-called "gospel caravan" tours for her to perform in various churches."

"In April, Atlantic issued her frenetic version of Otis Redding's "Respect", which reached number one on both the R&B and pop charts. "Respect" became her signature song and was later hailed as a civil rights and feminist anthem."

"Franklin found commercial success and acclaim after signing with Atlantic Records in 1966. Hit songs such as "Respect", "Chain of Fools", "Think", "(You Make Me Feel Like) A Natural Woman", "I Never Loved a Man (The Way I Love You)", and "I Say a Little Prayer", propelled Franklin past her musical peers. By the end of the 1960s, Aretha Franklin had come to be known as "The Queen of Soul."

## Jaffna Mayor Emmanuel Arnold pays courtesy call on Markham Mayor Frank Scarpitti



Mayor Emmanuel Arnold and Markham Mayor and Council  
September 4 2018

Jaffna Mayor Emmanuel Arnold paid a courtesy call on Markham Mayor Frank Scarpitti during his recent visit to Canada. Mayor Arnold was in Toronto to attend the Tamilfest street festival hosted by the Canadian Tamil Congress.

Mayor Scarpitti presented a presented a book on City of Markham to Mayor Arnold.

Mayor Arnold briefed Markham Mayor on the recent rebuilding efforts taking place in City of Jaffna and the many challenges still faced after the

war. He also sought Mayor Scarpitti's help on knowledge transfer on key municipal issues such as waste management, city planning and maintenance.

Mayor Scarpitti briefed on City of Markham's efforts recognizing the Tamil community and its success. He also offered to share the best practices of City of Markham with City of Jaffna.

Following the meeting, Jaffna Mayor Emmanuel Arnold was recognized at the City of Markham Council's Public Meeting held in its council chamber with its council members present.

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## Bangladesh: Head of UN refugee agency calls on Asia-Pacific leaders to show 'solidarity' with Rohingya refugees

The Head of the UN refugee agency (UNHCR), Filippo Grandi, on Tuesday urged government representatives and business leaders from the Asia-Pacific region to offer more support and protection for over 700,000 Rohingya refugees who have fled violence and discrimination in Myanmar's Rakhine State over the past year.

"I urge you to consider what support your Governments could pledge in solidarity with Bangladesh until solutions are found for refugees," he said, addressing ministers of 26 countries in Bali, Indonesia, at the Seventh Ministerial Conference of the Bali Process. "We need also to work towards comprehensive solutions for the people of Rakhine State, so that they are not forced to move in the first place," he added.

The Bali Process is a forum made up of 48 Governments and four international organizations — including UNHCR, the International Organization for Migration (IOM) and the UN Office on Drugs and Crime (UNODC) — which was set up to enable dialogue and discussion on issues relating to people-smuggling, human trafficking and related cross-border crime.

In March 2016, the Bali Declaration was adopted, highlighting the need for a comprehensive collective ap-

proach to resolve statelessness, invest in inclusive development, and expand safe pathways so that refugees and migrants would have legal alternatives to putting their lives at risk while on the move.

Since late August 2017, widespread and systematic violence against Myanmar's mainly Muslim minority Rohingya has forced hundreds of thousands to flee their homes in Rakhine state for Bangladesh. Prior to that, well over 200,000 Rohingya refugees were sheltering in vast, makeshift camps in Bangladesh as a result of earlier displacements.

In his address on Tuesday, Mr. Grandi urged Governments to move "from consultation to action on the commitments they made" in the Declaration, asking them to consider how they could share Bangladesh's refugee burden.

"Could your Government support, for example, construction of hospitals in Bangladesh," he asked, "that will treat refugees but also improve the health care of local people? Can we conceive of development, trade, and migration-related measures to help the people and Government of Bangladesh shoulder the responsibility of hosting some 900,000 refugees, such as expanding



UNICEF/Brian Sokol

*Rohingya refugees endure a heavy rain in Balukhali camp in Cox's Bazar District, Bangladesh, on 4 May 2018. UNCHR chief Filippo Grandi has appealed to regional Governments to offer more support to Bangladesh in addressing the ongoing refugee crisis.*

guest worker quotas for Bangladeshis that would increase remittances, or reducing tariffs on garment exports from Bangladesh?"

The UNHCR chief also stressed that the "real solution" lies in Myanmar itself, and he appealed for regional support to address the root causes of displacement in Rakhine: for example, investing in infrastructure that connects communities instead of dividing them, and providing expertise on resolving statelessness and intercommunal conflict.

The High Commissioner also addressed business leaders of major corporations who attended the Conference as part of the Bali Process Government and Business Forum, a public-private partnership to expand legal labour migration and combat human trafficking.

"People forced to move can fall prey to modern slavery, adding the insult of exploitation to the injury of exile," he said, adding that "there are now, more than ever, opportunities for refugees in this region to contribute to their host communities."

## Violence at school an 'unforgettable lesson' faced by more than half the world's children: UNICEF

September 6, 2018:

The study published on Thursday, Sept 6th measures the number of students who report having been bullied over the period of a month, or involved in a physical fight during the previous year, and shows that for many young people, the school environment is not a safe place, but a danger zone where they have to learn in fear.

Henrietta Fore, UNICEF Executive Director, says that these incidents have a negative impact on students' education and well-being, whether they live in rich or poor countries:

"Every day, students face multiple dangers, including fighting, pressure to join gangs, bullying — both in person and online — violent discipline, sexual harassment and armed violence," she said, adding that: "In the long-term it can lead to depression, anxiety and even suicide. Violence is an unforgettable lesson that no child needs to learn."

The report points to evidence of particular risk factors that increase a child's vulnerability to violence. These



**In Villanueva, Honduras, Darwin, 16, sits in the classroom he shared with his friend Henry. Henry committed suicide in September 2016. According to a teacher, the close friends were targeted by bullies-pic: UNICEF/Adriana Zehbrauskas**

include disability, extreme poverty, ethnicity and HIV status. Those in institutional care or unaccompanied migrants are also vulnerable.

In addition to facing dangers from fellow students, many young people risk beatings from their teachers: nearly 720 million school-aged children live in countries where corporal punishment at schools is not banned, and

where social norms give adults in positions of authority the justification to use violence to discipline children.

The study highlights the strong influence that school exerts on children's lives and, in the best cases, can help to protect children from the risks of child labour, exploitation and child marriage. Education systems can enable communities to promote social cohe-

sion, equality and peace.

The report is part of UNICEF's #ENDviolence campaign, which calls for urgent action to improve the school environment for students. This includes new legislation, prevention and response measures in the schools, community involvement in changing classroom culture and sharing best practice.

- un.org



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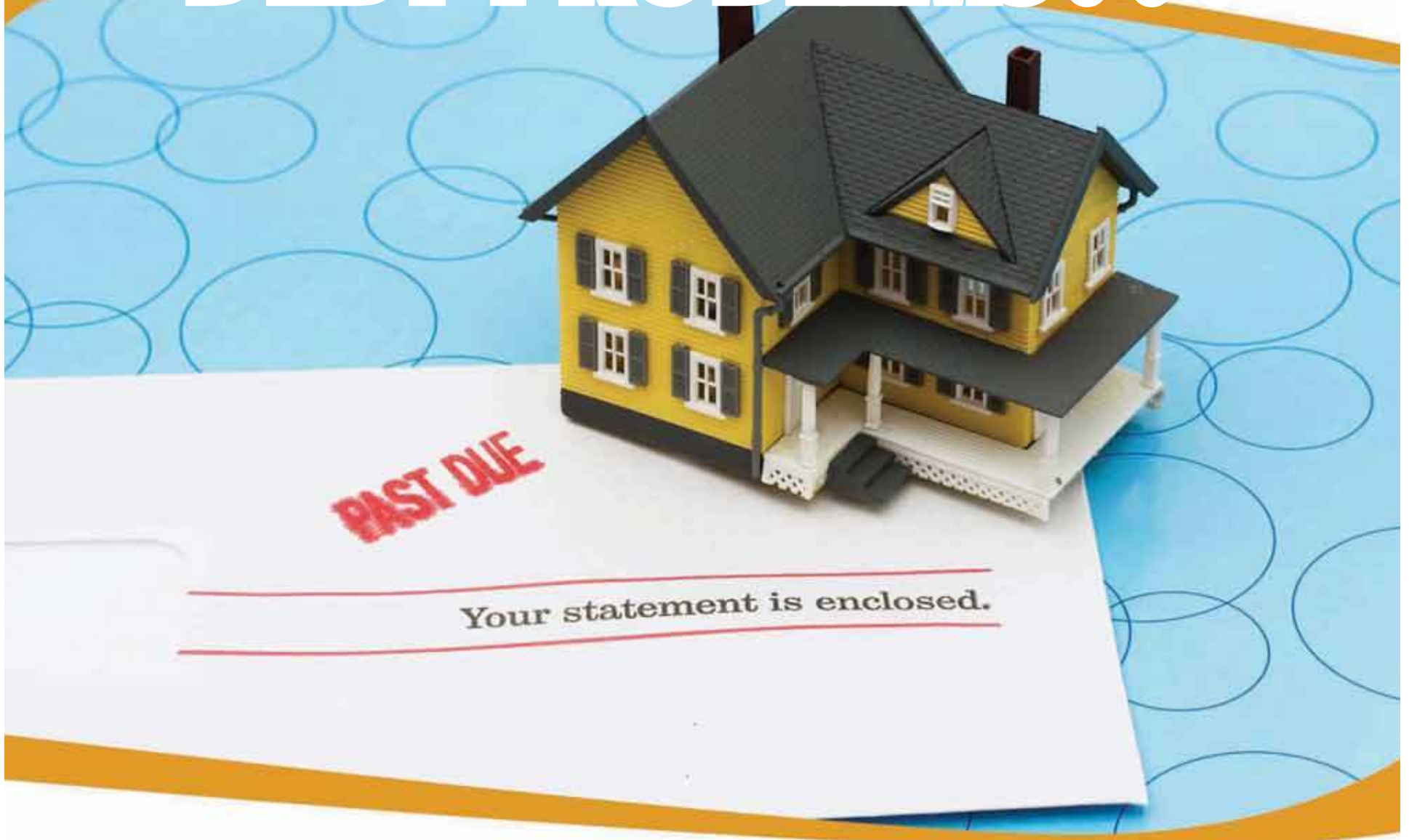
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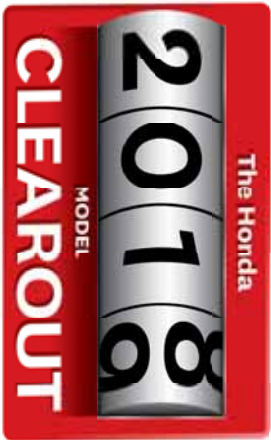
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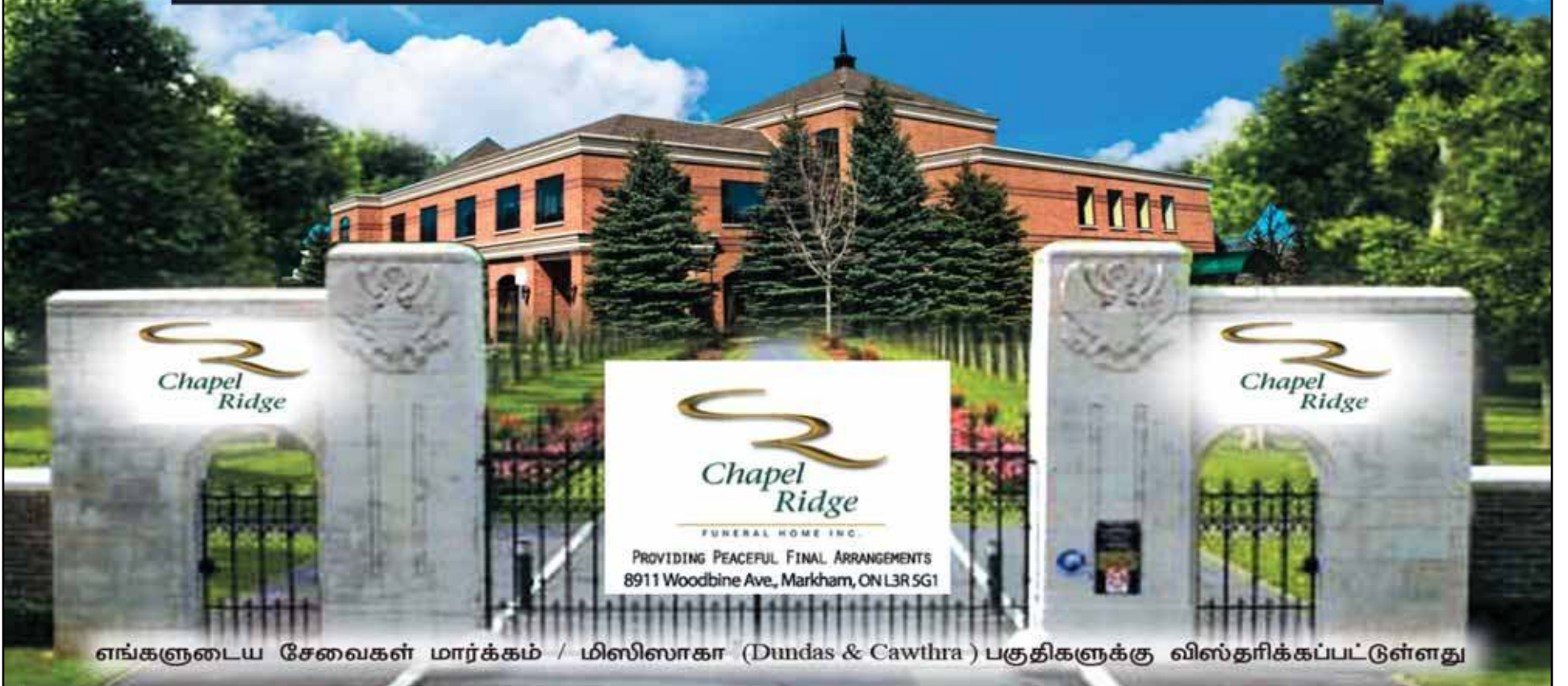


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Health & Care



Scarborough and Rouge Hospital



Rouge Valley  
HEALTH SYSTEM

## SRH PEER SUPPORT GROUP RECEIVES KIDNEY FOUNDATION AWARD

Scarborough and Rouge Hospital's (SRH) new Kidney Connect Peer Support Group was honoured with the Stewart Bett Memorial Award for Outstanding Contribution to Patient Programs from The Kidney Foundation Central Ontario Chapter, at a Volunteer Appreciation Celebration in June.

Congratulations go out to Lisa Huhn, peer support volunteer; Craig Lindsay, co-chair of the Patient Family Advisory Council for nephrology; Sam Watt, social worker; Clint Gunn, manager of home dialysis and the chronic kidney disease (CKD) program; and Ethel Macatangay (Doyle), director of chronic disease management and nephrology, for their efforts in making a difference in the lives of kidney patients and their families, every day.

Because a diagnosis of kidney disease can be emotionally and physically challenging, SRH and The Kidney Foundation of Canada partnered to create a support group that is open to all CKD patients, caregivers, family members, and living donors.

"I'm happy to partner with the Kidney Foundation and Scarborough and Rouge Hospital to support patients living with kidney disease," said Craig.

"With the new Peer Support Group, they have created a space and time where patients and families can come together to share their experiences, successes and challenges. As a patient, I

have benefited from the chance to speak with others who share my health issues. It's a privilege to continue the work started by those before me."

SRH's Peer Support Group, which is led by trained volunteers who are also kidney patients, connects patients who truly understand what it's like to live with kidney disease, and are willing to share their own experiences. Those who attend the meetings find many benefits such as increasing their knowledge of treatments, learning coping skills, and receiving emotional and psychological support from fellow patients.

"The Kidney Foundation has provided support and has always been there with me on my kidney journey, which has included dialysis – both peritoneal and hemo – and transplants," said Lisa.

"It's important to help others who are going through this kidney journey. I am so very happy to be part of the SRH Peer Support Group."

For more information on the SRH Kidney Connect Peer Support Group, please contact: Sam

Watt at (416) 438-2911, ext. 6113 or the Kidney Foundation at 1-866-390-7337.

Pictured: Social worker Sam Watt accepts the Stewart Bett Memorial Award for Outstanding Contribution to Patient Programs on behalf of SRH's Kidney Connect Peer Support Group.



## You're invited to SRH's Live Well, Age Better Health Fair



This September, Scarborough and Rouge Hospital's **Live Well, Age Better Health Fair** for seniors and caregivers invites you to dive into multi-faceted issues and questions relating to aging.

### Join us to:

- ASK THE EXPERT for insights on aging-related

health matters.

- Participate in a HEALTH FAIR with SRH's community partners.
- Enjoy a production of NO LONGER RELEVANT?, a social justice drama that explores ageism and the problems it gives rise to, with hard-hitting humour and poignancy. No Longer Relevant? is performed by Ryerson's Act2 Studio Works, the production and touring arm of The Estelle Craig ACT II STUDIO, Programs for 50+, Ryerson University.

When: Wednesday, September 12

Where: SRH General site, 3050 Lawrence Ave. E., Lee Family Auditorium, Ground floor

Time: 5:30 – 8 p.m.

**Register now to attend this FREE event!** Visit Parking vouchers will be provided.

For more information about No Longer Relevant?, visit [www.movingscenes.act2studio.ca/portfolio/dismissed/](http://www.movingscenes.act2studio.ca/portfolio/dismissed/).

Special thanks to our generous Title Sponsor: Philips Lifeline.





# Multiple Guinness World Record Holder Suresh Joachim aims to set another record during his Marathon Run in Toronto



## Raymond Rajabalan

Beginning from the Holy city of Bethlehem last December and travelling to Canada running across 7 Continents 72 Nations & 123 Major cities, Joachim is aiming to create another record during his World Peace Marathon.

he World Peace Marathon is Suresh Joachim's vision for a better tomorrow. A better, healthier, more – stable and war free tomorrow for the people of the world. Over the past 2 decades, Suresh Joachim has tirelessly broken over 60 Guinness World Records, most of them endurance based. Suresh Joachim has done human beyond the limit attempts with good cause. Today, with the vision of the World Peace Marathon becoming a reality, Suresh needs all the support he can get.

Suresh began his incredible nine-month journey at midnight on Christmas Day 2017 in Bethlehem City. Running through 7 continents, 72 countries and 123 cities his last destination will be Toronto, Canada in September 2018.

The purpose of this Marathon will be to accumulate One Billion Dollars for charity through his websites.

The Marathon is acting as a tool for Suresh to add two more World Records to his resume:

- 1) Raising the Most Money through a Charity Run – Goal: 1 Billion Dollars
- 2) Having the most Celebrity Film Stars Meet in One Year

Through his partnership with World Vision Canada, his many meet and greets with influencers around the globe and his history of sheer determination, it's safe to say that Suresh's ultimate goal of helping to bring a healthier and safer world to those around the world is certainly achievable.

## Suresh Joachim's Interview with Whitehorse Star daily newspaper in Yukon



Suresh is running to both end poverty and achieve world peace, he told the Star during his recent interview in early August in Whitehorse.

His goal is to promote his idea for a world without wars or poverty. He wants to get people talking on how this can be achieved. Joachim wants to see groups in conflict discuss their problems face-to-face and work out their differences. "That's my idea," he said. He wants to see ceasefires in all wars, and desires to see societies like North Korea and the Islamic State talk about peace. Without a cease-fire, Joachim said, there is no chance for anyone to talk about their problems. If more people came to the table, he feels, all parties would learn more about one another and build discussions based on this new knowledge.

"We can talk and bring something to the world," he said.

He has talked to many leaders all over the world, from ministers to mayors.

He has also been to the U.K.'s Parliament and the French Parliament.

He said that on his journeys, he notices that people realize peace is for everyone. It's beyond language and religion. Joachim believes the world's conflicts are a result of poverty. "The poverty is creating the wars," he said.

He said people often ask him why he is running in Canada.

He tells people Canada may not be fighting in any war, but there is poverty here. He included Canada in his run because there are people in Canada suffering because they can't afford food.

## Sri Lankan Experience

Joachim said he chose this cause because of struggles he saw growing up in Jaffna, Sri Lanka.

He said his family lived in a hostel. Many would come to the hostel to speak with others about their problems. "I was standing in the corner thinking, 'why are these people suffering?' – and I have to do something," he said.

He said his life was changed after seeing Michael Jackson, the late pop superstar, make a donation to a charity supporting the children of Singapore in 1984. This inspired him to take action and do something good for the world.

In 1991, he saw that year's edition of the **Guinness Book of World Records**. It inspired him to try to set records of his own to gain support notoriety for his causes. He said he still has the 1991 publication.

During the Star interview, he presented the 2014 **Guinness Book of World Records**, which shows some of the records he holds.

## Challenges

Although Joachim demonstrates a lot of passion for his cause, the run has not been without its challenges. During his time in Ukraine, Joachim ran out of money and could not eat for three days. He used this as inspiration to fight harder because it reminded him of what he



is fighting against: poverty and starvation. "That was a major challenge," he said.

He also had some trouble when he tried to enter the U.S. He didn't have physical money to pay for a visa, and was unable to use neither debit nor credit. He said a stranger lent him the money, and he repaid that person.

Joachim said he has received similar kindness everywhere he has been. "People are very nice around the world," he said.

He is asking for Canadians to donate. He said World Vision helps approximately 95 countries, and Canada is one of the more prominent countries giving aid. Joachim arrived in Whitehorse on Monday

(Aug 06). He met with Mayor Dan Curtis, who gave a videoed statement for the cause.

His next destinations being Inuvik (North West Territories) and Yellowknife.

Joachim has been running for 220 days, covering more than 2,900 kilometres. His goal is to raise \$25 million – he has raised \$10,200 thus far.

Anyone looking to make a donation can do so online at [www.worldpeacemarathon.com](http://www.worldpeacemarathon.com) or [www.sureshjoachim.com](http://www.sureshjoachim.com).

Sources:  
**World Vision Canada**

**Gord Fortin – The White Horse Star Daily, Yukon (Aug 08, 2018)**





## Special Feature

By: Samy Appadurai

Saudi Arabia all of a sudden is portraying itself as a land of justice with a keen interest in the protection of its own citizens from external interference, advocating for human rights particularly women's rights under an absolute Monarchy headed by His Royal Highness Abdul-Aziz and Prince Mohammed bin Saman who got into this position as Crown Prince on June 21, by King Salman removing Mohammed bin Nayef as Interior Minister and Crown Prince. Mohammed bin Salman also serves as Minister of Defense.

He has taken the upper hand in the current execution of power with ideas of radical reformation such as granting some freedoms for women, some form of recognition for Israeli Jews, trying to eliminate corruption within the Royal Family and then some within

ing and acting on this issue. First of all, the request made by a family member of the victim has been in Canada and as usual Canada is always advocating for human rights around the world at any cost and with attached no strings attached.

Saudi declared that the Canadian ambassador was expelled and should leave within 24 hours and also summoned its own ambassador to Canada back home. Furthermore, it froze all new trade and investment deals with Canada, cancelled educational exchange programs between the two countries with all scholarships and fellowships. The Saudi state airline suspended flights in and out of Toronto.

The Saudi Kingdom said the Canadian government was "a blatant interference in the kingdom's domestic affairs, against basic international norms and all international protocols."

and women. The nine nation coalition led by Saudi on military attacks against Houthi-Saleh forces has committed numerous human right violations. According to the U.N Human Rights Commissioner (OHCHR) in November 2015 at least 5,295 innocent civilians had been killed and 8,873 were wounded and also mentioned that in 2017 the airstrikes remained the single largest cause of civilian casualties. The coalition forces even used cluster munitions that killed and wounded many civilians.

The adverse effect of this war has caused very serious and painful damage as such by 2017, an estimated 17 million Yemenis were unable to meet their basic needs like food shelter and medicine properly and also it paves the way for malnutrition, lack of hygiene and also led for deceases like cholera outbreak, which by September 2017

Criminal Court to seven years in prison and a seven-year ban on travel abroad. The conviction was based on his participation in protests in Saudi Arabia in 2011 against discrimination against the country's minority Shia community, communication with international media and human rights organizations. In August 2018 a female human rights activist Israa al Ghomgham and five others were jailed in the Eastern province where substantial Shia Muslims.

They were sentenced by a Terrorism tribunal but they never got involved in any criminal activities other than peaceful activism on human rights. The prosecutors are seeking the death penalty for all of them. The accusations that were made against Ms. Ghomgham and others were include "participating in protests in the Qatif region", "incitement to protest," "chant-

# Burning Oil on Melting Snow

the conservative kingdom but without dismantling the framework of the fabric that holds the legislative, executive and judiciary powers. In spite of such reforms and liberalization of certain rigid norms of the society, the citizens of the nation have no or very little basic freedoms and rights in questioning or criticizing the almighty regime and if anyone attempts to do so, it has been considered at times a serious criminal act.

This nation turned around and began to criticize Canada mainly because of certain measures taken by the Government of Canada in order to advocate for two particular people who happen to be citizens of Saudi Arabia and the spouse one of them originally claimed refugee status in Canada. The generosity of Canadian values and its approach are at times considered weak and easily manipulated or manoeuvred by others.

The Saudi Arabian government owned and operated television channel claims that "Canada is the world's worst oppressor of women." This claim was broadcast within hours of Saudi Arabia expelling Canada's ambassador.

The fire was led by an incident that happened when the spouse of Raiff Badawi, Mrs. Ensaf Haidar and her three children fled to Canada from Saudi Arabia and claimed refugee status and she was granted conventional refugee status and consequently permanent resident status and then took the oath of citizenship in a Canada Day ceremony on Sunday July, 01, 2018 in Sherbrooke, Quebec. On Twitter she declared that "Now I can say that I'm a proud Canadian."

Canada has two reasons for express-



**Prime Minister of Canada  
Justin Trudeau**

And also altered by saying "Any other attempt to interfere with our internal affairs from Canada means that we are allowed to interfere in Canada's internal affairs."

This is double edged sword and it would push us into the Human rights violations in Saudi Arabia before defending the Canadian stance. It is broad, extensive in nature and very far from the Human Rights declaration of the United Nations and it seems that no stone was left untouched. The most common areas are on political prisoners, women issues from both the sides of men and women, restricted freedom of speech and press freedom. Interference of internal affairs of other nations like Yemen, Iran and so on. The Saudi-led coalition continued a military campaign and attacks against the Houthi rebel group and their former allies, and also performed unlawful airstrikes that killed and wounded thousands of civilians including children, seniors



**His Royal Highness Prince Saud  
al Faisal bin Abdul Aziz**

had killed 2,000 people and was suspected to have infected up to 700,000.

The patriotic citizens of Saudi who began to express what they thought was right for the nation and how the wrong things that has been happening were to be eliminated or reduced with good faith and in the best interest of the nation and future generation as well were arrested, detained punished and it is said even tortured. In most instances cases regarding advocating for human rights and reforms are labelled as terrorism and due to the laws in place such activists are to be punished. This is what happened to human rights activists Essam Koshak, Issa al-Nukheifi, Ali Shaban, and Ahmed al-Musheikhis in 2017.

Fellow Muslims who belong to the Shia minority have been treated in a very discriminative manner. Those who advocate for their rights like Nadhir al-Majid were imprisoned and sentenced by Saudi Arabia's Specialized



**Saudi Arabia's Crown Prince  
Mohammed Bin Salman**

ing slogans hostile to the regime", "attempting to inflame public opinion", "filming protests and publishing on social media", and "providing moral support to rioters". In fact, Ms. Ghomgham and her husband were arrested in December 2015, and they have been held at Dammam's al-Mabahith prison ever since.

In this regard the Canadian Foreign Affairs Minister Chrystia Freeland expressed her concerns about the human rights violations particularly those of women in Saudi Arabia. The European Saudi Organisation for Human Rights and ALQST, a London-based Saudi human rights group, has called on the authorities to drop the charges against Ms. Ghomgham.

Saudi systematically discriminates against Muslim religious minorities, such as the Twelver Shia and Ismailis. Some Saudi state clerics and institutions incite hatred and discrimination against religious minorities, including





the country's Shia Muslim minority.

The justice system in Saudi Arabia more of government biased and the rights of civilians at the time of accusation, detention, arrest, and court procedures tend to take the government side rather than giving sufficient opportunities for the accused in seeking justice. The detainees, including children, commonly face systematic violations of due process and fair trial rights, including arbitrary arrest and not notifying the suspects of the crime with which they are charged. Authorities hardly allow lawyers to assist suspects during interrogation and detention, arrested suspects for months, even years, without judicial review or prosecution.

As of November 2017, Ali al-Nimr, Dawoud al-Marhoun, Abdullah al-Zaher and Abdulkareem al-Hawaj remained on death row for allegedly committing protest-related crimes while they were children in 2011 and 2012.

Saudi Arabia's Supreme Court upheld the death sentences against fourteen members of the Saudi Shia community accused of protest-related crimes and also accused of them spying for Iran.

Furthermore, in order to fight against corruption and bring back

major medical treatment, or obtain a passport. All women in the Kingdom are considered to have an official guardian, typically a father, brother, uncle or husband and to give consent for any major activity, including travel, obtaining a passport, getting married or divorced and signing contracts. Some of the scholars say that it is culture, not religion. It is said that Prophet Mohammed mentioned to men that "You have rights over your women, and your women have rights over you."

In day to day life the women are not supposed to spend more time with men who are not close relatives as father, male siblings uncle and so on. In most of the public offices there are two entrances and exits for men and women but in the beaches, parks and public transportation they are segregated.

The first time Saudi women athletes left to participate in the Olympics in 2012 in London, England some of the hardline clerics denounced them as prostitutes in spite of them being dressed according to the dress code of Saudi and also accompanied by male guardians. The Guardianship system is still very powerful in not allowing women to independently act even in their day to day life. They have to

workers entered Saudi just after the oil boom when the Arab nations under the umbrella of Organization of Petroleum Exporting Countries (OPEC) used oil as a weapon against the western nations who are behind Israel who is an aggressive and invading nation of the Arab world. Therefore, they wanted to teach a lesson by reducing the supply and artificially increasing the price of oil as if not a punishment, rather creating economic hardship. The boom in the oil wealth and its investment in infrastructure, and overall economy was in need of all levels of man power, particularly unskilled or semi-skilled workers in large numbers from developing countries such as the Philippines, Bangladesh, Pakistan, Thailand, Sri Lanka, and India. Over 10 million migrant workers fill manual, clerical, and service jobs, constituting more than half the workforce. It also includes domestic workers who happen to work at home and at times they are supposed to comfort their employers in the way they demand.

In many cases the passports of the employees of such categories of workers are confiscated, at times they are forced to work against their will, withholding wages in some cases, and work-

Furthermore, Saudi Arabia was elected as a deputy member of the governing body of the International Labour Organization (ILO). Despite its human rights record at home and abroad, is not very appropriate. Saudi Arabia is currently serving its second term as a member of the UN Human Rights Council.

Crown Prince Mohammed bin Salman somehow has a vision for Saudi. He has realized that there is a bleak future for oil and depending on a single commodity export income is like having all the eggs in a plastic bag. This vision is appreciated and the initiatives in diversifying the economy, inviting tourists on a mass scale and also granting a little more rights for women are good first steps.

But I am not pleased with Saudi in trying to competing with Iran in developing atomic energy. If the Crown Prince would have taken a step in modernizing the nation with atomic power for constructive purpose genuinely and exclusively based on balanced plans for the future, it would be well appreciated. But here it is very obvious that he is trying to outsmart Iran and these actions reveal a competitive attitude and rival move.

In spite of making noise about human right violations in Saudi Arabia, our Prime Minister Justin Trudeau is still pleased in having the 15 billion dollars worth of arms deals that were initiated by the former Conservative government headed by Harper. "For Justin Trudeau, who was trying to brand his government as progressive and feminist, selling weapons to Saudi Arabia was obviously uncomfortable to say the least," Thomas Juneau, a professor at the University of Ottawa who specializes in Middle Eastern affairs said that Trudeau chose not to cancel the arms deal, although it had outraged many Canadians. It is crystal clear that the arms bought from Canada, United States of America, Germany, France and England are mainly used for political purposes both in and out of Saudi. These nations that advocate for human rights somehow have double standards. Saudi feels that Canada is hypocritical to decry human-rights abuses in the kingdom.

Saudi Arabia's Foreign Minister Adel al-Jubeir ruled out mediation in this dispute and warned of more measures to further punish Canada. "There is nothing to mediate. A mistake has been made and a mistake should be corrected,"

In conclusion Canada has spoken the words that many Saudi citizens dare not to say due to fear of undue persecution. However, it is important that the people of Saudi continue to speak up for their rights. But until the laws in Saudi change when it comes to human rights and freedom of speech, Canada will continue to speak up and not back down.



the accumulated portion of national wealth in billions of dollars, on November 4, 2017 Saudi authorities initiated a mass arrest of Princes, current and former government officials, and prominent businessmen over corruption allegations.

#### Women's and Girls' Rights

Gender segregation is so high in Saudi Arabia even when compared to other Islamic countries. I would say it is highly influenced by the Saudi culture rooted from the ancient nomadic society where the men were the bread winners and constantly on the move while women were confined within a home circle. The unwritten Wahhabi tradition, mostly consisting of unwritten laws has very significant influence on it as well. Women in Saudi Arabia face formal and informal barriers in making independent decisions and carrying them out even in their personal life. Women are not allowed to marry without permission in the family, open a bank account for themselves, get ma-

receive consent from the guardian to travel abroad, obtain a passport, marry, renting an apartment to filing legal claims.

Apart from the citizens of Saudi Arabia, even the contract workers from abroad have been and had been undergoing a lot of hardship by the employers and the laws and the execution of the laws show a blind eye in many cases. The laws may appear neat, clean and impartial but the execution is very partial and in supportive of most the actions made by their local employers.

There are two categories of workers in Saudi, the white colour job versus the blue color jobs. Most of the Europeans and Americans who are engaged in white colour jobs have been treated much better than the rest. There comes the notion of not offending the respective governments that are the investors, protectors, suppliers of arms and ammunitions. They have been there even before the 1973 oil price boom.

The majority of the blue color job

ers who try to leave the country without the consent of the employer will be charged, imprisoned or even deported. They face at many times humiliation in abusive conditions and punish victims who flee abuse.

Domestic workers who are mainly women face a variety of abuses, including forced sexual acts, over work, forced confinement, depriving some of the basic needs and also improper payments of wages. If any of these abused workers seeks justice and reports to the judiciary system, the story will be turned around and be negative for the victims and counterclaim of theft or sorcery.

In spite of all these human rights violations, still Saudi was honoured by international organizations. For example, United Nations member states elected Saudi Arabia to serve on the UN Commission on the Status of Women, which primarily advocates for women's rights and fights against all sort of discrimination against women.





## WORDS OF PEACE

# Contentment from Within

“How are you?” It’s a question that’s become so common we use it as a greeting without really thinking about what we’re saying, says Prem Rawat, an ambassador of peace whose focus is not harmony between nations but a well of contentment available within the heart of every human being.

“Go to your office,” he says, “and it’s ‘Hey, how are you?’ It’s the same when you meet somebody. We buy an airline ticket or get into the airplane: ‘How are you?’ ‘How are you?’ Like a mantra or a parrot we reply, ‘Fine, and you?’

“Think about it. How can we say how we are if we don’t even know who we are? The first question that needs to be asked is, who am I? This is a question we need to ask ourselves. Once we know who we truly are, then we can say that we’re fine.

“Who are you? Do you know who you are? Are you a name? There are so many people in this world who have the same name. So who am I? This face? Is that who I am? No. This body is 70% water. Is that who

we are—or is there something else? What is it that makes us feel happy? What inspires us to enjoy? What inspires us to be fulfilled? What inspires us to be content?”

We know that we want to be happy, Mr. Rawat says, but when it comes to fulfilling that desire, we look for something outside ourselves.

“Let’s go watch a movie,” people say. ‘That’ll make us happy.’ So they go to a movie theatre, pay their good money and sit down to watch. Some cry; some laugh. Then it’s over. Welcome back to reality: ‘Where is the car?’ Maybe there are a few comments. ‘That was a nice movie.’ Is that our happiness? That’s it? An hour and a half is our happiness?

“Some people might go on a picnic. They prepare the food, pack everything and, of course, forget some things. Then they go out looking for a good place. Not everybody agrees about where to go.

“Is this a good place?”

“No, this is not really a good place. We should have gone there.”

If everything goes according to

plan, fine, Mr. Rawat says, but if it does not, it becomes a disaster.

“Is that what enjoyment is,” he asks, “or is there something more? Is there something real to enjoy that I can count on every single day of my life?”

If happiness is within, some people ask, why do I have trouble feeling it? Because, he says, we get good at whatever we do the most.

“What do you do the most? For many people, it’s unconsciousness. Not one second of consciousness! We practice unconsciousness, and so we get good at being unconscious. This is our simple little reality.

“It’s said that today is the first day of the rest of your life. Do you think today is special? I think it’s very special, but we forget. We forget what it means to be alive. We forget the value of this breath. We forget that whatever happens, there is another reality.”

We all know what our weaknesses are—our doubts, our fears, our misunderstandings, our guilt. “I think we should talk about our strength,” Mr.

Rawat says, “because our strength is absolutely amazing. That strength is within is.

“Why does our source of peace have to be something on the outside? Why don’t we look for it within ourselves? We are trying to do one thing and accomplishing something else. There is a definition of success called contentment—the contentment that comes from the inside, that does not ever have to be readjusted.

“I don’t just speak. Words, anybody can say. I stand behind my words, and that’s the difference. I can show you that joy that is waiting inside for you to experience. That’s what I do.”

To learn more about Prem Rawat:  
1 877 707 3221 Toll free  
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416 264 7700 Hindi  
[www.wopg.org](http://www.wopg.org)  
[www.tprf.org](http://www.tprf.org)  
[www.premrawat.com](http://www.premrawat.com)  
[www.timelesstoday.com](http://www.timelesstoday.com)





# Scarborough High school honours 16-year-old Tamil youth who drowned while trying to save mother, child

Kyle Howard - Mahesan's friends already knew he was a superhero. The 16-year-old died on Friday, Aug 10th after jumping into the water at Woodbine Beach to save a mother and son who were struggling in the current.

It was an act of heroism, but his friends depicted him as a hero long before that "Kyle, along with the rest of our group, sort of became something of a superhero team in my imagination," said Christian Markland, who drew his friends as superheroes and comic book characters. "We all had different strengths and weaknesses and journeys, but we'd all come together to help each other."

"In a lot of ways, Kyle was often the heart of our group," Markland said. "Whenever our morale was down or whenever we were having a bad day, Kyle's enthusiasm and energy would make us forget about it, even if it was only for a few hours."

Those friends were some of the dozens who gathered at Wexford Collegiate School for the Arts Wednesday-15th morning to remember and mourn Howard-Mahesan.

Howard-Mahesan was one of five people pulled out of the water at Woodbine Beach, after a mother and her son called for help. Emergency services



**Wexford Collegiate School students Abenaya (right), 16, and Asveya Lingam, 15, were cousins of Kyle Howard Muthulingnam, who died attempting to rescue a mother and child in distress at Woodbine Beach last week.**

found him with no vital signs and he was pronounced dead at a hospital.

"I'm glad this place can know him as a hero, because he truly was," Abenaya said. In the midst of the Howard-Mahesan family's grief, Abenaya Lingam said her family is grateful that her cousin left the world a hero.

"I'm glad this place can know him as

a hero, because he truly was," she said.

Lingam said her family is still trying to process what happened. "Obviously, at the first, it was hard," Lingam said.

In some ways, Lingam said, she and her cousin were more like twins. They were born a month and a day apart, and both played sports, such as soccer.

Lingam also attended Wexford Col-

legiate and said Howard-Mahesan absolutely loved dancing and singing."

"I guess he really did want to become something in the performing arts. That's why he came to this school, obviously; no one really comes here without a really big dream. So he's a really big dreamer."

Tom Lazarou, principal at Wexford Collegiate, said in a statement that Kyle was a well-rounded student who excelled in dance and drama.

"More importantly, he was a genuinely kind and well-liked young man who was always willing to help others. Indeed, he was trying to assist others in need on Friday when this tragedy occurred."

The school opened its doors Wednesday so students and staff could be together to reflect and remember Howard-Mahesan, he added, with staff on hand to offer support and counselling.

Ann Merriam, who runs the performing arts program at the school, said Howard-Mahesan was a gentle soul and a team player. The school will dedicate a show to him this year, Merriam added.

Based on a Toronto Star Report  
By **TAMAR HARRIS**,  
Staff Reporter  
Wed., Aug. 15, 2018





## Special Feature

# Toronto City Council v Ontario Provincial Legislature, 2018



By: Manuel Jesudasan

The Toronto City Council election, 2018 has been scheduled for October 22, 2018 and the date and time for nomination

was fixed for July 27, 2018 before 2:00 p.m. But, a day prior to the nomination date the Premiere of the new conservative government, Doug Ford, made an announcement that made many Torontonians raise their eyebrows and a few politicians and their supporters rage with fury. The tempestuous announcement was, "We are going to reduce the size and the cost of Toronto's City Hall so that decisions can be made quicker while service can be delivered more efficiently and effectively." It was not a surprise that the media, more specifically, the talk show hosts had a field day; discussions for and against the Ford decision made to reduce the number of Toronto City Council members from 47 to 25.

Ford is acting like another Trump; Ford is drunk on power and being a dictator, who has no respect for the opinion of the public; Ford is taking political revenge; The conservative party did not disclose in its election manifesto that it would reduce the number of City Councillors if elected nor did Ford campaign for it during the election campaign; no consultation with the City or with the public; There must be a referendum before the law is changed; Ontario's legislature's action is undemocratic; The sudden change is complex and unprecedented – these were some of the allegations and criticism by the opposition for the change.

Doug Ford's Government turned a deaf ear to any of the allegations and criticism and proceeded with Bill 5, Better Local Government Act, 2018, in the legislature, and the Bill was passed after the 3rd reading on August 14, 2018 with a roar of applause from the members of the Conservative party and absolute silence from the opposition. "People want smaller government; they want a city of Toronto that is functional, a city of Toronto that can build transit", Premier Doug Ford declared in the Ontario Legislature.

The Bill 5 made several amendments to the Better Local Government Act. Among them the talking point of the change is the repeal of Sections



128 of the Better Local Government Act and with replacement of a new section, which deals with the reduction of the number of Toronto City Councillors from 47 to 25. By the amendment the City is divided into wards and their boundaries are identical with that of the electoral districts for Ontario that are within the boundaries of the City, commencing on the day the City is organized following the 2018 regular election.

Consequent to the amendment to the Act, the date for filing nominations for the 25 Wards for the City Council election on October 22, 2018 is extended to September 14, 2018. The reduction of the number of Wards has created a situation where some of the incumbent councilors may not be re-elected as they may have to go against another incumbent.

The opposition to the Bill 5 has now been escalated in Court. Rocco Achampong, Councillor for Ward 13- Eglinton and Lawrence, has filed an application in the Ontario Superior Court to stop Premier Doug Ford from shrinking City Council from 47 to 25, and the hearing is scheduled for August 31, 2018.

In 1997 six Boroughs: Etobicoke, North York, Scarborough, York, East York and Toronto were amalgamated

into one mega city, Toronto by the Conservative Harris Government. The move for amalgamation was challenged in Court by the affected Boroughs under the leadership of the former Mayor, John Swells claiming that the proposed amalgamation was an infringement of the Charter of Rights. Justice Stephen Bornis, who heard the case observed that although the Province did not conduct meaningful studies by consultations to determine the need for amalgamation, yet the Province was within its power to pass the legislation to amalgamate the boroughs. The judge clearly stated that the Province did not infringe on the Charter of Rights. Justice Bornis decision was appealed to the Court of Appeal and at the same time an application was made to the Supreme Court. The Court of Appeal held with Justice Bornis and the Supreme Court refused to hear the Application. It should be noted that two of the Court of Appeal judges who heard the case in 1997 are now serving as Supreme Court judges.

After the amalgamation of the boroughs, the City of Toronto Act was amended to include language that the Province "endorse" the principles that is in the "best interest of the City" to work together in relationship based

on mutual respect, consultation and co-operation. This amendment is the only difference between the 1997 John Swells' case and the Rocco Achampong case.

According to Peter Hogg, an eminent scholar in Constitutional law, the Constitution Act gives "exclusive power" to the Provinces over Cities and that can't be overruled, even by the Federal Government. No surprise that the Prime Minister, Justin Trudeau, who contemplated interfering with the decision of the Province is now silent on this issue.

On the merits of Achampong case, the City legal team expressed its legal opinion in one word, "hopeless".

The Premier, Doug Ford, campaigned on the promise of finding efficiencies in government operations. Now that he's elected, the devil has revealed itself in the details. Notwithstanding what may be the outcome of the change made to the City; whether the change would be in the best interest of the City or not, as bold as it is, it appears to be the type of change that is in the spirit of the mandate the people gave him. What people want is action without procrastination; functional government and not dysfunctional government.



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# CTC HOSTED TAMIL FEST 2018 DRAWS LARGE CROWDS

Canadian Tamil Congress hosted a very successful 4th annual TamilFest on August 25 and 26 on Markham Road between Passmore and McNicoll. The two days street festival is the largest Tamil street festival of its kind outside the Indian subcontinent and the event drew over 200,000 people including several political dignitaries who attended the event. Over the two days hundreds of local artistes entertained the crowd with various forms of Tamil traditional dances, modern dances, music and other performance such as Therukoothu. Festival was a unique platform that showcased and exhibited traditional and modern Tamil culture, cuisine, arts and entertainment while providing outstanding opportunities for local artistes.

The event began with the opening ceremony on Saturday, August 25th at 12.30pm with the introduction and welcome address by Sivan Ilangko, Vice-President of CTC and address by Dr.Santhakumar, President of CTC, Toronto Mayor John Tory and Jaffna Mayor Emmanuel Arnold. Toronto based musical bands Mega Tuners and Agni performed with several local artistes along with playback singer Karthik and Anitha on Saturday and Sunday respectively.

Georgette Zinaty from the University of Toronto spoke at the event about the importance of the Tamil Chair initiative that was launched in June this year.





# YALINI

## RAJAKULASINGAM

### TDSB Trustee Scarborough North

### Scarborough Students First

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## YALINI

RAJAKULASINGAM



### TDSB Trustee Scarborough North



**Together, we can  
put students first.**

I am an advocate for public education; I believe we can do better for our students. I believe public schools are at the heart of our community and the foundation of our future. More than ever, we need someone who understands the issues of our community. As a graduate of schools in our community, I understand the needs of our students.

In 1987 my parents arrived in Canada as Tamil refugees. Our public education system gave my brother and I a chance to succeed, and our education system needs improvements to keep up with the changing population.

I believe we need to invest in arts education and prioritize mental health in our education system. As someone who has worked closely with students, I see the impact of early and consistent exposure to the arts. The arts contribute to creative problem solving and multidisciplinary thinking. By prioritizing arts education, we are investing in an education system that our students will continue to benefit from for generations to come. It creates a space for self-expression and supportive healing. As lifelong learners, our students will face daily challenges. This being said, it is our responsibility to equip them with the tools that prepare them to navigate their futures.

**This is why I'm running.  
On October 22nd, I hope I can count on  
your support.**

*Yalini is a first  
generation  
Canadian.  
She studied  
and currently  
is working in  
Scarborough.*

*She holds a  
Bachelor of  
Arts from the  
University of  
Toronto in  
Political Science.*

*She also studied  
Arts and Cultural  
Management at  
Humber College.*

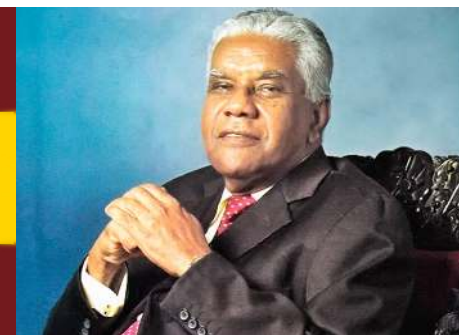






## Special Feature

# A class re-union reinforces D.S.Senanayake College under founding principal was the harmony aspiring microcosm of Sri Lanka or any other diverse nation



86th Birth Anniversary in October, 2018: R.I.T. Alles (October 3, 1932 - November 28, 2013)

By Thiru K. Thirukumaran

Our school re-unions remember, refresh and renew the ties. And these days, social media groups have enabled our old school ties to be at our finger tips. Yet meeting in person and gathering in one location is uphill. This summer my 1981 graduating class of D.S.Senanayake College in Colombo 7, Sri Lanka (DS or DSSC) met in Turyaa - Kalutara over a long weekend for which sadly I couldn't go. I am glad though that I was able to somewhat gatecrash at a 1979 batch re-union of our school that gathered in Toronto recently. There they had travelled from far corners across the globe including from Pondicherry and Colombo.

At a 1979 batch event on September 1st I was able to get the warmth of my alma mater D.S.Senanayake College, amidst a group of the first 167 students of my school. Among them was KathiramalaiSriparam, an avid athlete, cricketer and student leader of our school. Today he can be regarded as an 'unofficial' Ambassador of DS, representing and reinforcing all its humble beginnings and path-breaking rise as a foremost institution with trilingual back then and bilingual instructions now. Many educational institutions in Colombo can wear such colours but they were long established during pre-1948! Though this is not the case with DS.

The founding principal Ralph Ignatius Thomas Alles, known by his initials R.I.T.Alles was a trailblazer in many respects. In looking back one of them would be that in Sri Lanka's education service hierarchy a Teacher's College graduate such as our principal sir Alles, would never make it as a principal of a school with k-12 classes. It's a top spot for University graduates only. But he spearheaded the 167 students into energetically building DS ground-up as a leading school. It may sound simple enough these days as something of brick and mortar and funds in the channel through an overseas donor perhaps.

Alles sir did it through his stewardship of creating a coalition of teachers, students, along with their parents committing to stay and take the school through 12th grade in 1979. In the memory and times at DS and our principal R.I.T. Alles was at the centre - that in the early part of our lives. Be assured that anyone who passed thru his tenure as student, teacher or parent are likely to have a little bit of 'Alles epitome' in them for the rest of their lives.



Warmth of DSSC: KathiramalaiSriparam (on the Right) with the writer Thirukumaran (Left)

The notable futuristic aspect of his was the promotion of multiculturalism at DS! What? Yes, you guessed it right, I never heard that word while living in Sri Lanka.

But in simple, savvy ways that is what Alles sir was doing. Multiculturalism as the global Sri Lankan diaspora now knows well for it to be in their midst in various forms and practice, was the carrying force to build our school DSSC of students belonging to all faiths practiced in Sri Lanka.

So what's the big deal here? Other Colombo schools too may be doing this one may say. But here the difference was

amidst growing pains this value was never given up.

One example that comes to my mind would be how Alles sir rendered support to find teachers for specialty subjects, such as Carnatic music. When the government Education department was not filling a staff for teaching this subject, he told us to find the teacher and he will pay for the teacher's service with Parent-Teacher Association funds. I suggested a talented and qualified musician, the daughter of a music guru giving lessons in our home to my sisters at that time. This enabled DS students at that time to study music under the now well-known artiste MsBhushanyKalyanaraman.

Another close to home example would be getting my aunt (peri-ath-thai) MrsVallipuram to teach chemistry in the Sinhala medium classes after Alles sir hearing from our Vice principal's son AnuradhaWetasinghe of her good natured teaching skills. Even after retirement, Alles sir remained in touch with her and would send his praise to her for elevating numerous students, and he did

so until his passing in November 2013.

The above two are just two revealing traits of Alles sir's thoughtful approach known to me personally but similar anecdotes would be evident plentiful in every aspect of a child's growing up and education at DS in numerous ways.

Respect and dignity, discipline, volunteerism, sports, agro and trades learning, arts, inter-religious harmony and brotherhood were all woven together in the black and gold fabric of DS. The humble beginning of the school turned into a gigantic public service project for the nation at large. DS under the mentoring of our principal Alles sir was the

microcosm Sri Lanka or any diverse nation for that matter in aspiring to be in the embodiment of harmonious ways.

In speaking about Alles sir and summing it all is, "I believe he made a huge positive contribution to our value system especially during our formative years. I am grateful to him for being a positive influence in forming my core values", are the words of Gunatitananda Swami of Chinmaya Mission Colombo, an old student of DS and my classmate and friend in the 1981 batch.

The 1979 batch though is the first high school graduating class of DS. It enrolled the first 167 students in its Cinnamon Gardens location at 62 Gregory's Road and began classes for the 5/6 year olds on February 10, 1967. The first 167 students are an important group in the entire scheme of things in the history of DS. They wouldn't have known back then that they are the baby brigade becoming frontline soldiers of a massive public service project that would later transform as a legendary educational institution in the country. As forerunning students their promise was needed to keep the school growing year after year in higher grade levels. And the challenge was fulfilled by the passionate leader R.I.T. Alles.

So rather unexpectedly I got the opportunity to meet several DS-1979 batchmates in Toronto over this year's LabourDay weekend. The DS brotherhood is such that I can bond and party with ease amidst the class that was two years senior to me. I was alerted and invited by my longtime friend JeganSathiyalingam of the 1979 class to one of their gatherings as they were having a reunion that extended in delight to some ten days discovering all across Ontario. This is where I met annaSriparam after 37 years at the residence of 1979 batch Torontonians Subotharan, along with several of their classmates.

Being a globe-trotter these days Sriparamanna, I was able to gather that yet he is in touch with many of the teachers of our times, including my aunt Mrs. Vallipuram, he recalled visiting at her current domicile in Thiruketheeswaram in Mannar, Sri Lanka's North-West. Sriparamanna added on the lasting gratitude that was instilled, "I go wherever I can to see our teachers when I come to know their whereabouts", while also touching on his conversations with nonagenarian Thamotharampillai sir, our first Tamil stream headmaster, currently residing in the North.

I guess the impactful beginnings of the 1979 batch and Sriparamanna are such that virtually all DS students in any medium of instruction to this day know of their importance and recognize the name KathiramalaiSriparam especially well. He said when he returns to Sri Lanka from overseas, an officer stamping the arrival clearance if he happens to be a DS student is first to recognize the DS kinship in greeting him, thereafter prompting his wife to amaze, "why are they doing this, you left school so long ago?". Yes, annaSriparam was once an active student leader of DS and now the affable Ambassador of DS roots, ever nourishing the lives of ours inspired by the founding principal R.I.T.Alles sir!



Group of DSSC - 1979 batch at a re-union gathering near Niagara Falls, Ontario - September 2018.





## MONSOON JOURNAL INTERVIEW WITH

# MALAR VARATHARAJA, CITY COUNCILLOR CANDIDATE FOR WARD 7 IN 2018 MARKHAM ELECTIONS

**Q:** Why are you running in this municipal election?

**A:** Answer: I have been a community worker for more than 20 years and a resident in City of Markham for 15 years. I am a mother of two who understands the needs and issues of this ward 7. I know and I will make our ward better in many ways. At the same time keeping ward 7 safe, affordable and beautiful.

**Q:** What is the most common issue you've heard from residents in Ward 7 on the campaign trail so far?

**A:** As I went knocking on doors the most common issues that I have heard from Ward 7 residents are traffic issues, over speeding on municipal roads and neighborhood safety issues.

**Q:** Historically voter turnout is at the lowest in the municipal level in Canada. During the 2014 election in Markham only seeing 37.1% of all eligible voters casting a ballot. What do you think needs to be done to increase voter engagement in your ward and across the city?

**A:** I believe educating youth in schools of the importance of voting is the key. Once we get students engaged then their parents will be more involved and as a result the family will be voting.

**Q:** Logan Kanapathi has held the riding since 2006 before being elected for the provincial riding of Markham-Thornhill in the recent provincial election. It's also my understanding that his daughter, Kethika Kanapathi is seeking the now vacant seat. In light of this, what's your strategy for overcoming this incumbency advantage that he's had over the ward.

**A:** I can't really talk about the strategy. However, I can tell you that I am putting forward a lot of hard work and I believe that I am the right candidate with the experience as well as the skills to go and make the changes ward 7 needs. I have proven record of working with Tamil community and non-Tamil community for over 20 years. I have worked in the elections for the past 15 years. I worked as a jury in the

Ontario arts council and Toronto arts council's fund granting department. This experience is a huge skill for a councillor as they do lot of budgeting task. I have mentored Youth in Markham to set goal to achieve higher studies. I was a president of Cedar wood Public School parent's council. I have created a program to lead healthy life in winter to seniors in Markham to name a few. I am a mother of two who has been living in the ward 7 for 12 years and understands the key issues and have been researching to find solutions. I can talk about myself and my achievements which clearly shows that I am the right and mature candidate with the right mind set to make the changes in this diverse community. I will let the people choose the strong leader.

**Q:** Given the recent reports of protests, both in favors and against, of illegal border crossings in Markham and the city's own capacity concerns for housing them temporarily, what is your position on this issue?

**A:** First we need to make sure we get right funding support program from federal and provincial government. Second we need to have a good support and settlement structure for them to thrive in this country. So, once those are met then I would love to work with the city to look into this issue further. This country has given opportunities for many, many people from different countries and diversity is our strength. I am someone who firmly holds inclusiveness close to my heart.

**Q:** One of your campaign platform planks is a support structure for youth. What would this exactly entail?

**A:** After working with many youth, I realized that they are our future. I want to push for all in one resource center for youths. I want to push for a youth support center where they can get help on any of the following issues personal, employment, politics, or business or anything they want to achieve. For this, we may need to get all 3 level of government involved and I will push for that. We have a lot of resources that we can give them. All we have to do is guide them to those resources and in a sense set



Malar Varatharaja, City Councillor Candidate for Ward 7 in 2018 Markham Elections during her Community BBQ event on Aug 19, 2018, interviewed by Harish Thirukumar, Master of Public Policy Candidate, Munk School of Global Affairs and Public Policy

up a support system that connects them to those resources. A lot of people don't know where those resources are, so we need to be able to connect them to those resources and programs. I strongly believe it is our responsibility to guide youth today for us to build a strong community tomorrow.

**Q:** What advice would you give to young people, particularly women, interested in local politics?

**A:** Get in, get involved, never give up, and go for it. Nobody can tell you to not to do it. There will be a lot of difficulties, but you just need to believe in yourself. I personally think there are lots of strong women out there. I grew up here in this country, worked extensively with youth and wanted to send the right message. That message being, if you have the passion, experience, and ability, go for it. And if you do go for it, the experience will be amazing and it will make you stronger as you go through it. If you think you can make a difference in the community then put your name forward.

*By Harish Thirukumar,  
Master of Public Policy  
Candidate, Munk School of  
Global Affairs and Public  
Policy*



Malar Varatharaja





# The Pursuit of Perfection



-thechronicleherald.ca

*JJ Atputharajah*

Compassion, sensitiveness to shame, social cooperation are the five pillars of the edifice of a noble character. A virtuous man will have compassion for all lives, be sensitive to shameful conduct, will indulge in social cooperation, accommodating grace towards others and will be bent on upholding truth at all times.

Shakespeare summed it up when he said, 'His life was gentle, and the elements so mixed in him, the nature might stavirtuous men to overcome opponents and up and say to the world, "This was the man"'. For those pursuing the path of rectitude and perfection, whatever is good, will become a bounden duty to be performed. That is why Lord Jesus

exhorted 'Be ye therefore perfect, even as your father in heaven is perfect'.

The greatness of a noble man is good character; other distinctions are of no great significance. Non-killing is the best of penance; similarly abstention from scandalous talk is the best trait of a virtuous man. Successful men are characterised by humility, that really is the weapon in the hands of virtuous men to overcome opponents. Francis Bacon said, "In taking revenge, a man is equal to his enemy, but in passing it over, he is his superior. The touchstone of a good character is the willingness to accept being outdone, even by a person of inferior status without losing prestige. Where is the superiority of a

worthy man, if he does not choose to make, a good turn even to those who do him wrong.

Poverty is no disgrace to a person who has the inner strength, arising from a basic nobility of character. Even in adverse circumstances a man of noble character will maintain his dignity and associated graces. Even amidst fateful convulsions, worthy ones will not deviate from rectitude, if they possess the deep strength of a noble character. If virtuous men fall from their standards, the very earth cannot really sustain its heavy burden. In other words the world is dependent on the practices of the noble (Saanron)



Valluvar's Views

*"Anpu, Naan, oppuravu, kannoddam vaiymaiyodu,  
Aindusalpu uoonroya thoon'.*

- Kural: 981-990





# Ending off Summer 2018 with Diasporic Engagement: Thoughts from Comdu.it 2018 Mission Volunteers

This past summer Comdu.it successfully launched its 2018 mission to the North, East and Central Sri Lanka from the work of its 2018 contingent of volunteers. Five of their 2018 Diaspora Changemakers were placed in Kilinochchi, Kudathanai, Periyaniavanai, Mannar, and Trincomalee, working with different local partners in Sri Lanka.

**Tharsica Sivanathan** served as a Project Management Associate in Kilinochchi who had this to say about her placement:



"I know there are plenty of wonderful organizations that focus on sustainable development in Sri Lanka. However, in 2017, I came across comdu.it via a combination of social media and word of mouth and they immediately stood out to me. What I liked most about them was that their main focus is on bringing awareness, sharing knowledge, and providing placement opportunities to working professionals, students, and senior citizens. I felt a strong connection with comdu.it, because I feel that their goals and objectives perfectly align with mine. After scrolling through their website and reading stories from previous changemakers, I knew I wanted to apply to their 2018 mission."

**Ahiraa Supeinthiran** was a Youth Facilitator in Soft Skills based in Mannar. The following were some of her thoughts on being involved with the 2018 mission of comdu.it:



"Instead of going abroad to seek opportunities, I want to empower the local community and the children to strengthen themselves and seek opportunities to evolve and inevitably advance themselves with the knowledge and expertise we share. Not only will the children be learning with me, I will be also be learning about my roots from them while improving my communication skills in Tamil. I am looking forward to my two months in Sri Lanka to play a small role in empowering these children to become stronger, educated and more resilient. However I am even more excited about coming home after the placement and developing changes based on feedback and experiences for the betterment of the program."

**Priyanga Pathmanathan** made history for the nonprofit organization by being the first German volunteer overseas in Sri Lanka.

**Priyanga Pathmanathan** made history for the nonprofit organization by being the first German volunteer overseas in Sri Lanka.



**Lawanyaa Thavakumar** was a Youth Facilitator for ESL in the country, who had this to say prior to her participation in the 2018 mission:



"I hope my presence at Grace Girls' Home in Trincomalee will create a positive, energetic and caring environment for the children to open up to me and other facilitators on site. Through this leadership program, I hope to teach children to be more independent, encourage them to speak up and fight for equality. I understand that children in Northern and Eastern parts of Sri Lanka are in war affected areas, which will be a challenge! However, I believe it is my turn to MAKE IT COUNT and share my expertise for the benefit of the children of Sri Lanka."

**Naveeni Rasiah** was a Youth Facilitator in ESL in Batticaloa. These were some of her thoughts prior



to her 2018 mission placement:

"As I sit here, simultaneously staring at this blank Word document and my calendar, I can sense the feeling of nervousness dawn upon me. In a few weeks, I will be stepping onto the land which my parents call their home – the same land from which I felt disconnected while growing up in Canada. Every time I try to think of how to prepare for this visit, I cannot help but feel a self-consciousness of privilege consume my thoughts. Although it has been difficult to challenge this feeling, I understand that as an "outsider", sometimes the best way to conduct oneself is simply to be respectful. This includes being respectful of the community, being mindful of societal circumstances, and being open to learning."

You can support the work and vision of Comdu.it as well as create more opportunities for their diasporic engagement in Sri Lanka by making a personal donation at <https://www.gofundme.com/comduit>. More information about the organization can be found at their site, comdu.it.

**Contributed by Harrish Thirukumaran**, Master of Public Policy Candidate at Munk School of Global Affairs and Public Policy







# RG Education Centres Congratulates Govind Krishnakumar

**C**ongratulations to Govind Krishnakumar, a past student at RG Education Centers, who has been accepted to Yale University's School of Medicine, one of the top Ivey League schools in the United States.

Along with the acceptance offer from Yale University, Govind also received offers from the post-graduate medical programs of McMaster University, Western University, and the University of Manitoba.

Govind was a past student at Victoria Park Collegiate Institute, where he studied in the IB Program. He was also part of the school's tennis and badminton teams. He received tutoring at RG Education Centers between 2012 and 2016 for English, French, Advanced Functions, Calculus, Biology, Physics, Chemistry, Data Management, and Guitar.

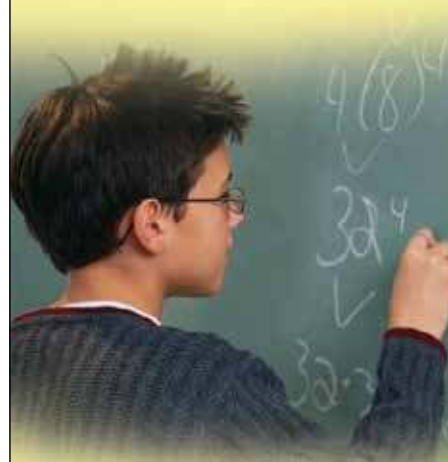
Govind is a hardworking, passionate, and well-rounded individual who has proven that people can achieve anything as long as they put their mind to it. We wish him the best in all his future endeavours, and we look forward to many more of his achievements to come!



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# SMARTPHONE LIGHT AFFECTS OUR BRAIN AND BODY

Exposure to Blue Light from Smartphone and Other Sources can be Harmful

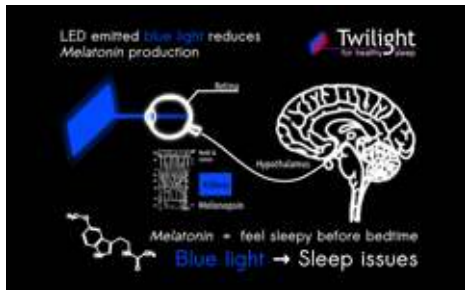


By: Uthayan Thurairajah

Smartphone light affects our brain and body. Looking at the phone at night is a terrible idea. Smartphone screens emit bright blue light so you can see them even at the sunniest times of the day. Our brain gets confused at night as it smartphone light simulates like sunlight. The smartphone causes the brain to stop producing melatonin, a hormone that gives your body the "time to sleep" cues. Therefore, the smartphone can interrupt our sleep cycle, making it harder to fall and stay asleep. This potentially causing serious health problems along the way.

Do not take your smartphone with you to bed. It may be an opportunity to check email, play games, see friends on social media or check tomorrow's weather forecast and more. A lot of studies and researches completed on the impacts of nighttime smartphone use. Our evening screen time can be endangering our health and linked to some dangerous disease. The moment we prioritize our health and start to fulfill better life changes. It is as simple as understanding why we should stop using our smartphone at night and making a few simple lifestyle adjustments.

## Exposure to Blue Light



Our eyes sensitive to a narrow band of frequencies, ranges from 380nm to 700nm, called the visible light spectrum. Blue light has the shortest wavelength in the visible spectrum, and have the most energy. It is ranging from 380 to 500 nanometers (nm).

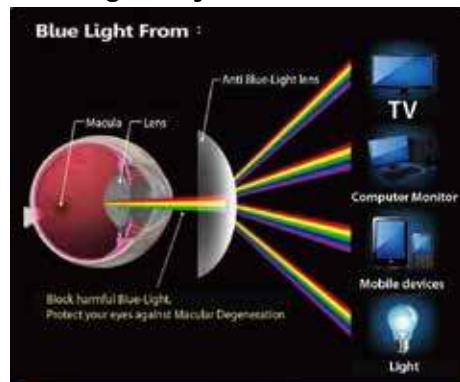
The blue light makes up about one-third of all visible light. Our daytime source of blue light is sunlight. The number of indoor artificial light sources contain the blue component of the spectrum on the rise.

The fluorescent and LED lighting, display screens such as tablets, computers, and flat-screen TVs and smart phones. They appear white but have a peak emission in the blue light. The exposure to blue light has increased the way we light homes, offices, and the increased use of direct illumination for reading.

The eye can block UV rays to reach the retina. The eye does not block blue light because it fall under the part of the visible spectrum. All the visible blue light passes through the cornea and lens and reaches the retina. The effect of this blue light exposure is cumulative. The children crys-

talline lens is more transparent to short wavelengths blue light than an adult.

## Damage to Eyes



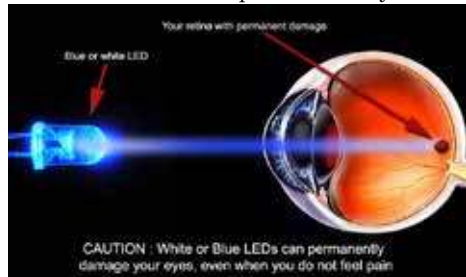
The blue light emitted from the electronic devices at nighttime is dangerous. We are exposed to blue light by the sun each day. The nighttime exposure at high levels by smartphones, tablets, laptops and other LED screens is damaging.

Researches show that exposure to blue light can damage retinas. The American Macular Degeneration Foundation warns that retinal damage caused by blue light could lead to macular degeneration. It is a condition that creates the loss of central vision. There is also a link within blue light exposure and cataracts. It is another potential risk that can be reduced by putting the phone away each night.

We can consider the Night Shift feature (iOS) or Twilight app (Android) if you cannot put the phone down at night. Both adjust the screen colors to minimize blue light emissions to help protect the eyes.

## Blue Light & AMD

High-intensity blue light can damage light-sensitive cells in the retina. High-intensity blue light causes changes which can lead to permanent vision loss. The cumulative effect of this exposure mainly affects



the cones (central vision) and the retinal pigment epithelium (RPE- nourishing the retinal cells). Exposure time is also an essential factor. A blue blocking pigment, Lutein is found in healthy human retinas and has been shown to protect against the blue light photo damage.

## Blue Light & Cataract

Our eye crystalline lens absorbs UV light all our life and slowly yellows with time. As we age, the lense gets yellowed enough to filter some but not all HEV blue light. This absorption is a supporting factor to cataract formation and aging. The protection from both blue light and UV exposure can delay the cataract and aging of the lens and retina.

## Blue Light & Eyestrain

The cell phone and computer screens and other digital devices emit significant amounts of blue light. We are spending more and more hours looking at them. The high energy blue light waves scatter more in the eye and are not as easily focused. This blue light spread within the eyes create a "visual noise" that reduces contrast and can contribute to digital eye strain.

## Blue Light & Sleep

Blue light suppresses the melatonin production, a hormone that regulates the body's sleep cycle. Not only will this result in more sleepless nights and fatigue, but can also lead to a variety of health problems including heart disease, weight gain, depression, and anxiety.

Particular wavelengths of blue light can help boost alertness, mood, cognitive function, and memory. Blue light is essential in the regulation of the circadian rhythm, the body's natural sleep/wake cycle. Proper and timely exposure to HEV blue light helps the body to maintain wakefulness. The restful stage begins as the natural blue light (sun) fades in the evening.

The exposure to blue light at night through lighting will lead to difficulty falling asleep, poor sleep quality, and daytime fatigue. The device use in the evening is typical for teens. The exposure to blue light suppresses melatonin making, sleepiness, as well as morning attentiveness.

The eye health industry has created filters and apps that filter the blue light from screens at appropriate times, without affecting visibility. Some lens manufacturers have developed special glare-reducing lenses and coatings to block HEV blue light. A Doctor of Optometry can help identify which type of correction may best suit individual needs.

## Blue Light & Cancer

Melatonin is regulating our sleep cycle. It is a powerful antioxidant essential to your body's ability to naturally fight against cancer. When the melatonin levels are suppressed, the risk for cancer and other diseases increases.

If your melatonin is disrupted for one night, it will not pose a severe threat. However, if you are a chronic nighttime phone user, you significantly increase your risk of cellular damage, increased inflammation, healthy immune function and disease.

The consequences of blue light on the



sleep cycle may be minimized by:

## Dr. UT's Prescriptions

1) If we shut the smartphone down at night, we can fall asleep faster, sleep better and wake up more refreshed without the distracting beeps and vibrations throughout the night.

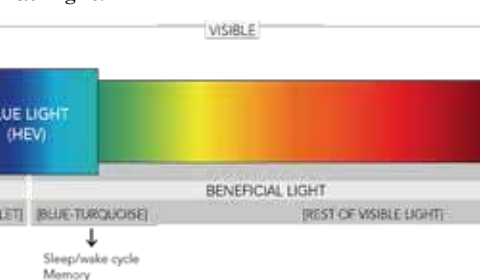
2) We have to keep the phone at least 1 meter away from our body. The effects of electromagnetic radiation weaker if we stay far away. If we use the phone as an alarm, place it farther away and force us to get up and turn it off in the morning.

3) Check the phone only when need to. Keep the phone away and be present in our environment and make face-to-face connections. Enjoy the scenery. we can see some pretty cool things when we look at our surroundings.

4) Avoid bright screens for 2-3 hours before bed time is a great way to start a resting period. Try to use dim red lights for night lights. Red light has the least power to shift circadian rhythm and suppress melatonin.

5) If you are a night shift work with a lot of electronic devices, use blue blocking glasses or install an application that obstructs the blue light.

6) Seek some outdoor sunlight exposure in the early hours of the day is a great way to boost the mood and alertness during the daytime, and increase the ability to sleep at night.



7) It was recommended by the doctors to limit screen time to less than two hours per day for children between five and eighteen years old, one hour per day for children between two and five years old and avoid altogether for children under two years of age.

Everyone needs to take cares of the effects of blue light. We are all being exposed to blue light in an office environment, factory, play in the sun, spend hours on a computer screen, watching TV or texting on our cell phones.

Laboratory validation has recommended that exposure to blue light in the between 470nm and 490nm range may be less damaging compared to blue light from 400nm to 470nm. The development of LEDs with a peak discharge in the safer range may serve a significant improvement for ocular health.

The accumulated damage from blue light exposure can increase the severity and probability of age-related eyes condition such as AMD and cataracts. A healthful diet including high in leafy green vegetables and colorful fruits help to improve the protective pigments in the retina and mitigate the damaging effects of blue light. Good sleep is essential for attention, learning, mood, and general well-being.



**Uthayan Thurairajah, Ph.D., RSE, LC, P.Eng., FEC**, is a Project Manager at WSP with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position at Ryerson University & professor at Centennial. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for various clients. He researches the subject of light and lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author of lighting design & health. He is passionate about integrating science and health into the lighting design.





## MANAGING YOUR MONEY

# The right time to invest is ... now

**David Joseph, M.A.(Economics), CFP®, CLU, RRC.**

Your personal path to a secure financial future requires a map – a financial plan – that is unique to you and your life goals. But every financial plan has one essential component -- and that is to commit to saving right now.

Sure, it can be difficult to create an investment portfolio and contribute to it regularly in the face of everyday realities like utility bills, car loans, mortgage payments and all the other demands on your hard-earned money – but for the sake of your financial future and a comfortable retirement, you must find a way to save now.

At any time of the year, it can be tough to set aside money to invest – either in your investments held in an RRSP or to purchase shares to add to your non-registered portfolio. Then there's your assessment of the 'state of the market'. Will it go up? Will it go down? Should I invest now or should I wait?

All valid questions, of course, but there is one simple answer: Make your investments now. Here's why.

It's impossible to time the market – just ask any knowledgeable investment professional. Trying to hit a high return and avoid a low one by jumping in and out of the market is a sure way

to curtail your returns – and give you an ulcer. Time in the market is a much surer path to investment success. That's because of this historical truth: Markets always move up and down but the long haul trend is always up. So, stay true to a long-term investment strategy for higher long-term returns. For most investors, the best long-term strategy is to make your investments immediately, regardless of whether the current market is up or down. Even better, invest regularly instead of holding off and making a lump sum investment once a year – because, by investing regularly, you will accomplish your important investment goals:

Don't put off saving until that magical day sometime down the road when you have a few extra dollars to invest – instead, a PAC (Pre-Authorized Contribution Program) is an easy and consistent way to get a monthly investment plan working for you. It's much easier to contribute by investing small amounts automatically – for example, 10% of your earned income each month – and you will be surprised at the amount you can gain from PAC-ing it into your investments held in a RRSP, or Tax-Free Savings Account (TFSA), or your non-registered portfolio.

Especially at this time of year, it's difficult to find a lump sum to invest – but at any time of year, it's much easier to come up with \$100-200 a month through a Pre-Authorized Contribution (PAC) plan that automatically invests an amount you choose in investments you choose.

Dollar cost averaging can help manage the risks of investing. Dollar cost averaging is an investment technique that involves buying equal dollar amounts of a given investment on a regular basis. Rather than investing all your money at once, making a commitment to invest a smaller amount on a regular basis can lower your average cost per unit by purchasing more units at lower prices.

You get the full benefits of "dollar cost averaging" – meaning you make your investment purchases (by acquiring more units of investments held in an RRSP, TFSA or purchasing non-registered stocks) regardless of whether

the current price is low or high. Over time, the average cost of your investments will be lower and your potential for longer-term returns will be higher.

Sleep easier by always looking at the big picture. Don't worry excessively about the performance of one investment. View your investments from the perspective of your overall portfolio and your long-term goals. By investing regularly and using a balanced investment strategy, you will achieve your financial goals. Your professional advisor can help design the plan that's best for you.

**Disclaimer:**

*This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/sell specific investments or insurance, nor is it intended to provide investment advice. For more information on this topic, please contact me.*

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# How Loans Affect Your Credit Score

When you think of loans it might scare you a little especially if you don't know how to manage your loans. On the other hand credit is a complex element and based on your credit status you may think whether the loans will help or harm your credit score.

Certainly, both old and new loans affect your credit scores in different ways

- The loans can help you strengthen your credit provided you make your payments on time.

- In case you make late payments on loans then it can affect your credit.

- They lower the chances to borrow which of course won't harm your credit score directly.

- They initially cause some damage to the credit but you can easily overcome the damage upon making timely payments.

## Strengthening your credit

The credit means the records of a borrower. In case you borrowed any loans in the past and paid it on time then the lenders will lend you further loans thinking that you will follow the same pattern for future loans too.

When you decide to take a new loan it certainly provides you with an opportunity to make the payments successfully and strengthen your credit score. Even if you had a bad credit history in the past or couldn't build credit, here is another chance to improve your credit

with every month by paying on time.

Taking various types of loans also improves your credit. If there is mix of different loans on credit cards it would be better to improve your credit. For example, a home and a vehicle loan etc.

Again, make sure that you do not borrow just to increase your credit score. Try to borrow smartly only if you need it and pick the right loan for a specific need.

## Missing loan payments affect scores

If you are not making payments against your loans that is either you are paying late or simply stop paying them, then the credit scores will fall quickly and you will face problems getting further loans.

## Borrowing potential

New loans not just affect your credit scores but they also decrease your borrowing potential. Your credit history shows the details of the loan you are availing at present including the monthly payments that you need to pay against the loans. When you seek a new loan from the lenders, the lender would check your monthly responsibilities and then decide whether or not the loan can be given as whether you can afford to pay for a new loan along with the existing responsibility of other loan payment.

In order to find out whether you are eligible for the loan or not, the lenders



ers evaluate the debt and income ratio which helps them find out the portion of the monthly income you get is consumed by the monthly payments you owe. The less the amount is the better.

It means you don't have to actually borrow to find out that your borrowing potential is affected.

## Little drop in credit scores

New loans basically lead to little drop in the credit scores. In case you have good credit history then this drop is meaningless and might be short term. On the other hand if you possess a weak credit score or you are trying to create credit score as a beginner, the drop can lead to problems. So, do not collect debts prior to applying for a new loan which is an important one for you like home loan.

Your credit history is checked by the lenders each time you seek a new loan. In this process an inquiry is set up which shows that someone dragged your credit. Inquiries basically indicate that you are in a financial crisis, need

loan and this make them drag your credit score down a little. If the inquiries are just one or two it is absolutely fine, but a number of them can seriously affect your credit scores.

If you are visiting lenders it is indeed a smart move and the best option to get a fair deal. You can finish your shopping within a limited period of time like if you are willing to buy a house and started comparing different mortgage lenders then make sure you finish your application process within 30 days. In case of auto loans finish the process in at least 2 weeks time.

The above mentioned information would certainly help you find out how loans can affect your credit score, so make sure you make timely payments against loans.

**If you need assistance for your financial problems, please visit [gtacredit.com](http://gtacredit.com) website or contact Mark at 416-489-2000. Kindly refer to the page # 23 for our advertisement.**





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## GENIE SISTERS

SAMAYAL  
SANTHAI

Sisters Niranjini Thirunesan and Rajini Nathan are both food enthusiasts from England.

Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood.

Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil\_food.

**W**elcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil\_food

Eat more, learn more!



## Paruppu

## Ingredients:

What you need to take from home/buy ahead:

## The seasoning:

✓ 1 tsp of black pepper (milagu), 1 tsp of cumin seeds (seeragam), ½ tsp of fenugreek seeds (vendhayam) and 1 ½ tsp of fennel seeds (perunseeragam). Roast these spices together until the cumin is slightly brown and grind it to a fine powder. Store the powder in a bottle for when needed.

✓ Store bought Ginger/ garlic paste (Inji/poonduvizhuthu) you can use fresh ginger and garlic too-but who has time for that at Uni, right?!!

- ✓ 1 cup masoor dhal (red lentils)
- ✓ ½ tsp ginger/garlic paste
- ✓ 2 small green chillies – sliced (patchaimilagai) you can use frozen too or skip this ingredient if you altogether
- ✓ A pinch of turmeric (manjal)
- ✓ ½ teaspoon of the seasoning
- ✓ Optional vegetables such as chopped onions, tomatoes, peppers, carrot or potatoes
- ✓ Salt to taste (uppu)

## Method:

Wash the lentils and put in a pan with two cups of water, ginger/garlic, turmeric, green chillies and (if using them) the vegetables too. If you are adding vegetables, increase the water by ½-1 cup. The lentils will boil and froth but once stirred they'll settle down and be cooked in about 15 mins. Once done, you can mash it if you want, or simply add the seasoning and let it cook for a further 2 mins.

Now, when Amma makes it at home, she will temper it with mustard seeds, curry leaves, maybe asafoetida (perungaayam) and red chillies- but try this recipe with just an omelette and some pickle and Amma can relax that her child is one step closer to being an independent adult!

Rajini runs cooking classes in Toronto, so if you'd like to stock up on similar recipes- do contact her now. Try making this recipe this month and

hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe!)

All over Canada, students are preparing to go to university and Ammas are gearing up to prepare copious amounts of the staple lentil dish that most Tamil people rely on. So, we thought we would help Amma and youby providing a simple recipe to see you through those days away from home.

If mastered, this dish can be paired with many simple accompaniments and is packed with nutrition to see you through those long nights...of studying, of course! So pack this in with your luggage!

This recipe is written specifically for university students, so there are more short cuts than usual.

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## Special Feature

# Jessica's Musical Night A Show of unparalleled success



### Raymond Rajabalan

There were no huge banners or eye catching posters during the days leading to this event. There were no repeated advertisements in the local media describing it as the "mother of all shows". Yet in the end it proved to be more than just a great show. **It proved beyond doubt a fact that no force can hinder our community's strong solidarity and support for a great cause.**



It was almost a miracle that an 18-year old could generate so much power to stage a successful musical show to a packed audience in this great Metropolitan city. It was Super Singer Jessica's show and once again she clearly demonstrated that she has the capacity to unite the entire Sri Lankan Tamil community in Toronto. It was nothing new for her. She had already done it in London, Sydney, Paris, Boston and Dallas just to name a few cities where she had

proved herself. It was a show held not to promote herself and in fact there was absolutely no need for it. It was a show staged to help the needy in Tamil home land. For a youngster who was not born in Sri Lanka to feel the pain of the war affected civilians and to be determined to assist them is something really astonishing to say the least.

While so many huge programs held here has ended a great flop, it is very remarkable for this youngster to successfully stage a musical show and collect 40,000 dollars for a great cause. Undoubtedly it was a great unique achievement. It is remarkable that the entire collection was handed over to the representatives of Canadian Tamils' Humanitarian Association (CTHA) at the close of the program. Midway during the program three representatives from CTHA had already described in detail about the proposed projects to be implemented to serve the needy people in the North and East. They also very effectively explained to the audience the urgent needs of these war affected people.

This remarkable achievement not only proved the power of Music but also was a clear manifestation of the generosity of the Tamil community of Toronto. Amidst the hectic life in this great metropolitan city, the deep seated feeling to stretch a helping hand to the civilians in North and East living under the most difficult circumstances was undoubtedly proved by those who packed the auditorium of the Markham event Centre on that Saturday afternoon on August 11th. The repeated rounds of applause from the often emotionally choked audience during the show was a clear evidence

of the intensity of the patriotism of the Diaspora Tamil community.

From the very moment the screen parted there was not a dull moment till the last minute. Together with the colourful kaleidoscopic display on the large screen on the stage, the background music provided by the great musicians of Mega tuners was simply heavenly. The variety of songs by the talented youngsters who intermittently joined Jessica provided their best it was pure bliss for five hours. This show also served to

their emotions. The occasional muffled sobs from the audience provided a mute testimony for their feelings hidden deep down in their hearts.

The several youngsters including Rachael Remisair, Sharika, Abirami, Thananchayan, Prabha together with the super singer title winner krishnamoorthy were at their best keeping the fans spell bound for five hours.

The fact that hardly any one left the show half way during the show itself was an undisputed testimony to the quality



bring to light the latent talents of the youth among the Diaspora,

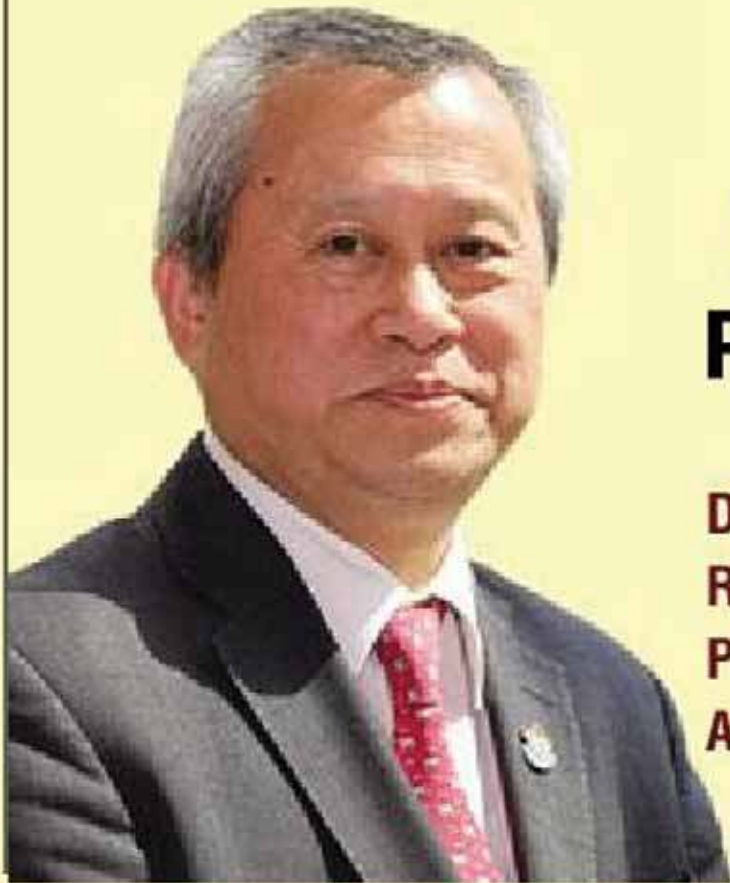
Jessica's musical maturity and expertise in handling a variety of songs had evolved so greatly during the recent years; she was a picture of absolute self-confidence during the entire show. The very first song *Engirunthalumengalinithyamungauikkagathudikkum* brought tears to the eyes of the fans, most of who visibly struggled to control

of the well coordinated program and has set the stage for the hope that more such programs can be successfully staged in the future. The success of this show had also effectively destroyed the myth that only a show with big names from Bollywood can be successfully staged in this city. Let us hope the organisers of similar shows will consider providing greater prominence to our own local talent during future events,





Fundraising Event for

**Joe Li Re-Election Campaign**

with Special Guest

**Honourable  
Peter Mackay****DATE - FRIDAY SEPTEMBER 7, 2018****RECEPTION - 6:00PM DINNER: 7:00PM****PLACE - LE PARC DINING & BANQUET HALL****ADDRESS - 8432 LESLIE ST, MARKHAM L3T7M6****Tickets: 647-848-5501****joeli@joeli.ca****For Regional Councillor**

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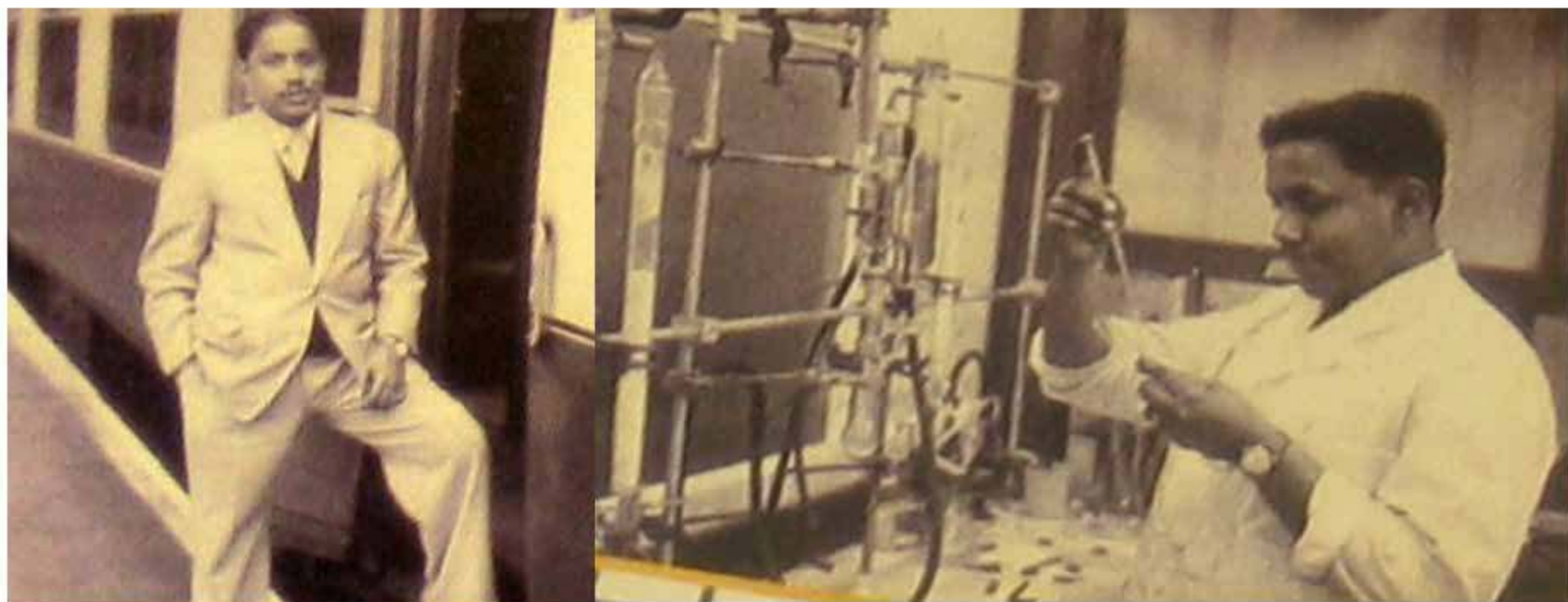




# Tribute

## TRIBUTE TO DR. SUPPIAH SENTHE SHANMUGANATHAN

# First Sri Lankan to present his research in BioChemical at University of Oxford in 1957



An individual who lost his father at the tender age of two, Dr. Suppiah Sente Shanmuganathan grew up striving for nothing but the best. His hard work, perseverance and commitment to reach great heights opened many doors, including pursuing his higher education and his career advancement. At the end of his career, Dr. Sente had published 55 papers on his research both in Sri Lanka and globally.

Dr. Sente completed his education in Jaffna a year ahead of his age, yet he could not enter Colombo Medical College as he did not pass the Tamil language. He then decided to major in Chemistry with a minor in Mathematics. There were only 7 spots available for this program, and he won one of them to enter University with a full scholarship. His mark in Math was 110%, as he attempted two additional questions on the final exam. He topped his graduating class of 1950 and was a recipient of the memorial Kahn Prize.

Dr. Sente joined the Medical Research Institute (MRI) in 1951, a prestigious position which lead to overseas scholarships to pursue his PhD. This was the beginning of many scholarships for higher education, experiences, knowledge, presentations and travels around the world. At the University of Sheffield, UK, his research was funded by the Guinness Brewery to find the source of the bitter particle in beer. His presentation in 1956 at the British BioChemical Meeting in Dublin was his first to a non-Sri Lankan audience. A year later, Dr. Sente gave the same presentation at the University of Oxford, the first Sri Lankan to present there. In 1958 he was offered a Post-Doctoral Fellowship at the Rutgers University, New Jersey to work on yeast, returning to Sri Lanka with his PhD. In 1964, Dr. Sente was one of two Sri Lankans to receive the Fulbright Scholarship granted by the US State Department. He was selected to join the International Science Conferences in China

where he met with Chairman Mao and in India with Prime Minister Indira Gandhi.

His MRI colleagues were of the opinion that his greatest contribution to Sri Lanka's medical service and general public was also one of his best pieces of research. During the early years of Dr. Sente's career, physicians used parameters of Clinical Pathology and Clinical Biochemistry given in British textbooks as the norm in treating patients.

Dr. Sente determined that these values were not applicable for Sri Lankans and others in tropical Asia. He coordinated a project carrying out all baseline testing using healthy subjects and hospital patients who were Sri Lankans. The result was the establishment of a normal value and a significant range for every test. These are the same values which are being used by physicians in Sri Lanka today. This work was published in several of his papers, and medical magazines. Sri Lanka is richer from this thoughtful contribution. It could be said that among many of his achievements this was one of the greatest contributions Dr. Sente has made to the Country while at MRI.

Back in Sri Lanka and working at MRI, Dr. Sente was also a part time lecturer at the Colombo Medical College and The Institute of Chemistry. This is when he realized the need for a diploma program for Lab Assistants who wanted to pursue a career in Chemistry. By his initiative, the Diploma in Laboratory Technology in Chemistry (DLTC) programme was started at the College of Chemical Sciences. Dr. Sente was appointed the director of this programme and subsequently became the coordinator. Dr. Sente was then appointed as the President of the Institute of Chemistry Ceylon (ICHEMC) from 1972 – 1973. He received an Honorary Fellowship of the Institute of Chemistry Ceylon in 2015 at the 44th Annual Sessions of the Institute. The ICHC bestowed upon him the

Yeoman Service Award in February 2018 in appreciation of his unwavering philanthropical contribution.

Dr. Sente retired from MRI in 1986 as the Director of the Bio Chemistry Department. He moved to Toronto, Canada, in 1987 to be with his three children and four grandchildren. He worked at Nucro-Technics Pharmaceutical Research & Development where his experience and education was recognized as equal. It is not everyone who is able to work in their field in a foreign country at the age of 65. His expertise was further recognized by the Canadian Government, which sent him to China three times to solve scientific problems.

As an individual who recognized the benefits of financial assistance and the importance of education, Dr. Sente wanted to give back to the Institute of Chemistry where he served for so long. He strongly believed education is the passport to a better life and a brighter future. He created a bursary at the Institute of Chemistry in Sri Lanka, and has encouraged and given the opportunity to many students to pursue their education without any hindrance. He has also instilled these 'words of wisdom' in his children and grandchildren.

### Quotes from his long time friends at;

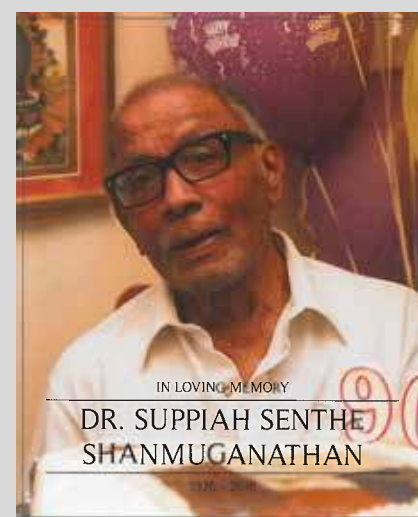
University of Sheffield, UK; and Colleagues from MRI who became very close family friends, Dr. R.O.B Wijesekera and Dr. Willie Samarawickrema

"Sente was one of the last great scientists to leave us"

"The 110% in Mathematics is a mark not always achieved even by Maths Honours students"

"The country is richer from his many research and thoughtful contributions"

"We all appreciated Sente's scholarship funding to the Institute of Chemistry Ceylon"



### OBITUARY

**Dr. Suppiah Sente Shannmuganathan**, beloved son of Suppiah of Kaddudai and Nagammah of Sandilipay, brother of Sente Ratnam, Senth Rajah, Loganbal and Sente Lingam; loving husband of Seethathevi and ever-loving father of Dr. Senthelal, Dr. Nileswha and Namita Jeyalakshmi; father-in-law to Dr. Sasikala, Shanthi Sente, and Anura Kanishkan Thevarasa; son-in-law of Dr. and Mrs. S.C. Thurairajah, brother-in-law of Sivasubramaniam, R.L. Thurairajah, Mahe Thurairajah, Kuhe Thurairajah and Devendran Thurairajah; and ever-loving grandfather of Dr. Shayan, Thevishka, Varhini and Saranyan, passed away on August 20, 2018.

Dr. Sente Shanmuganathan's joyous and accomplished life was celebrated on August 22nd 2018 in Toronto, Canada with his family and friends.





# TRIBUTE TO LATE

# MR. SARAVANAMUTHU PONNAMPALAM

Distinguished old boy, dedicated  
teacher and a successful principal  
of  
Jaffna Hindu College

By: C. Kamalaharan

I was badly shaken on hearing the heartbreaking news of the sudden demise of late Saravanamuthu Ponnampalam my former school mate and later my colleague at Jaffna Hindu College. Tears welled up in my eyes as I recollect my association with him way back in the early fifties when my brother the late Mr. Manoharan and I stepped through the portal of Jaffna Hindu College to seek admission, a week after our arrival from Malaysia. My brother was one year senior to late Mr. Ponnampalam while I was the classmate of his brother the late Mr. Sarventhiran. Since then we got acquainted with each other and became good companions, travelling up and down between our residences and Jaffna Hindu College in the private bus service (before the advent of the C.T.B) that plied along K.K.S. road. My stint at Jaffna Hindu College was only for four years but I have vivid memories of my stay there even now.

Jaffna Hindu College one of the premier National Schools in the country always left the doors open for enrolling old boys as teachers when suitable vacancies occur. So also when filling vacancies for the post of principals. On that basis I too was inducted into the staff of the school. It was in June 1987 I received an unexpected message from Mr. Ponnampalam to find out whether I would like to join the staff of Jaffna Hindu College. Having served at Nadeswara College, Kankasanturai for 14 years I felt the need to break the monotony and so I gave my consent. Mr. Ponnampalam himself got my transfer and after 3 decades I stepped into Jaffna Hindu College as an English teacher. I felt elated by the way Mr. Ponnampalam received me warmly, took me to the G.C.E O/L final year class and introduced me as an old boy of the school and a qualified English teacher. On the first day itself on assumption of duty I found the students to be obedient, bright and keen in studying. For such enthusiastic students teaching was not at all a problem, I was merely a guide. In the final exam all of them performed exceptionally well. Even in the other classes I taught I found the students to be assiduous. Most of the students in the school are 5th std. scholarship holders and those who fared extremely well in the entrance exam conducted by the



school. With such brilliant students guided by competent teachers Jaffna Hindu College continues to produce excellent results in the public examinations. Besides the teachers the successive principals of the school are also responsible for the overall progress of the students. Mr. Ponnampalam's service at Jaffna Hindu College was outstanding as he had steered the school during the most trying times when the N/E provinces were in turmoil and things were in disarray. It's worthy of mention that during such traumatic times too the school had performed exemplary well in the final exams.

I have observed Mr. Ponnampalam's administrative prowess on many an occasion. Once I happened to be in the canteen, a busy place bustling with activity during the short interval. The late Mr. Nadarajah the canteen owner was on his toes briskly engaged in serving the staff and students. When the bell rang for the classes to resume all of them rushed back to their respective classes after gulping the remaining tea or hastily munching shorts eats. Mr. Ponnampalam wasn't a very strict disciplinarian but a charismatic personality whose mere sight prompted them to hurry back to their classes out of deep respect for him. Mr. Ponnampalam's main concern was that students shouldn't miss the lessons taught.

It was during the dominance of the IPKF I went on transfer to Jaffna Hindu College. The security forces were stationed in check posts in close proximity to the school. Checking the identity of the public was the order of the day.

During periods of heightened tension even students were not spared. Mr. Ponnampalam's foremost concern was students should not be targeted and so he ensured that all students carry identity cards issued by the school. Once there was a shooting incident in the lane between the school and the grounds. There was commotion around the area and a feeling of apprehension among the students. Mr. Ponnampalam seemed unruffled saw that the situation within the school premises remained calm and classes conducted without any impediments.

I always remember with gratitude Mr. Ponnampalam for providing me an opportunity to serve as a teacher in the school where I was a student – an honourable position enjoyed by a few like Mr. Ponnampalam and me. After I left the school I lost contact with him particularly during our prolonged stay in Chennai. It was in 2007 I resumed contact with him in Sydney and intermittently during my subsequent visits to Sydney.

Mr. Ponnampalam's sudden demise sent shock waves all over. It was only a week before his demise on 16.07.2018 he participated in the 'Meendum Pallikku 2018 Australia Meet' organised by the Jaffna Hindu College 1994 old boys' batch. He was giving a cordial welcome, accorded a royal treatment and blessed by his students for his untiring service to his Alma Mater.

It's really unfortunate that Mr. Ponnampalam a man of high calibre who had spent the major part of his life in Jaffna Hindu College as a student, teacher, vice-principal, principal and patron of the Sydney OBA was not able to retire from the school for which he had toiled conscientiously and successfully. He had been unjustifiably transferred during the centenary year celebrations of the school. Whatever happens Mr. Ponnampalam's name will ever remain synonymous with Jaffna Hindu College.

*Weep no more friends! weep no more!  
For our dear 'Ponnar' has gone nowhere  
He is reposing in the blessed kingdom of God  
As an enlightened soul  
Blessing each one of us*





# LIVING MONUMENT FOR THE DEPARTED LOVED ONE

By Kumar Punithavel

There is an environmental crisis around the world. It is accepted that one of the leading cause for this is the cutting down of trees. Without trees, humans become extinct for want of healthy air to breathe. It may come to the situation that people would have a mask that can filter the little oxygen that would be left in the

of carbon added to the tree. A mature sycamore tree might be around 12m tall and weigh two tonnes, including the roots and leaves. If it grows by five per cent each year, it will produce around 100kg of wood, of which 38kg will be carbon. Allowing for the relative molecular weights of oxygen and carbon, this equates to 100kg of oxygen per tree per year.

A human breathes about 9.5 tonnes of air in a year, but oxygen only makes up about 23 per cent of that air, by mass, and we only extract a little over a third of the oxygen from each breath. That works out to a total of about 740kg of oxygen per year. This is, very roughly, seven or eight trees' worth.

Like Lord Buddha said there are three things that cannot be avoided. They are

old age sickness and death. When death happens to a loved one those who continue to live by will have to cope up. For this reason from long past rituals are created to help the mourning.

Various religions have different religious rituals. Hindus cremate and dissolve the ashes in flowing water. It is also believed that dissolving the ashes in holy rivers like Ganges and in holy places like Rameswaram assures a place in heaven. Buddha himself being a Hindu their funeral ritual is very much akin to that of Hindus. Jains too cremate the body of their loved ones on death. Semitic religions like Judaism, Christianity and Islam leans towards burial ceremony.

These ways of conducting funerals were developed to help in the grieving process. It certainly had great merit in the grieving process. Today the world is becoming more and more secular. It is time to take a fresh look on the funeral rituals. One of the main purposes of burying and placing a monument is to bring back the happy memories of the deceased one. However lack of burial grounds in city centres are forcing people to take up the cremation as the alternative. On the other hand even in Hindu and Buddhist tradition the memory is kept alive by religious rituals long after the person is deceased. It must be pointed out that dissolving ashes in waterways is prohibited in Ontario as it affects the aquatic ma-

rine life.

In today's world it is time for us to think of fresh process of grieving. One could consider planting a tree in memory of the departed as a viable way of grieving. Cremation would have been already done in the funeral parlour and the ashes will be ready by then. If one wishes they could even have a memorial dinner on the day of planting the memorial tree!

Parks, Forestry & Recreation of Toronto municipality and many major cities of Canada has a memorial tree planting programme. These living memorial trees they offer to do for a paltry cost of \$738 each. They do give a tax deduction receipt to that amount too, together with a commemorative certificate.

One can see the Commemorative plaque in front of the tree. The city undertakes to take care of the tree for three years by which time the tree would have rooted sufficiently to stand the climate.

The ashes have to be simply buried with the tree, using of an easily biodegradable urn as container.

These containers shown are commonly used as purse to keep money in rural north Ceylon and South India. They are weaved out of Palmyra leaves. It is called as



Urn made of Palmyra leaf

dirty air. Trees play a crucial part of the carbon cycle, a global process in which carbon dioxide constantly circulates through the atmosphere into organism and back again. Carbon is a valuable element to life, much like oxygen and water. Trees take carbon from the atmosphere through photosynthesis in order to make energy. This carbon is then either transferred into oxygen and released into the air by respiration or is stored inside the trees until they decompose into the soil. The absence of trees would result in significantly higher amounts of carbon dioxide in the air and reduce the amounts of oxygen making Earth unlivable! The filthy air would also be full of airborne particles and pollutants like carbon monoxide, sulfur dioxide and nitrogen dioxide and its temperature will increase.

Trees release oxygen when they use energy from sunlight to make glucose from carbon dioxide and water. Like all plants, trees also use oxygen when they split glucose back down to release energy to power their metabolisms. Averaged over a 24-hour period, they produce very much more oxygen than they use up.

It takes six molecules of CO<sub>2</sub> to produce one molecule of glucose by photosynthesis, and six molecules of oxygen are released as a by-product. A glucose molecule contains six carbon atoms, so that's a net gain of one molecule of oxygen for every atom



Memorial tree with the monument in the front

Kottaip Petti. These are easily biodegradable and very inexpensive. Moving away from the age old tradition is difficult, but for those who had buried their loved ones this would be a healthy inexpensive one, and have all the inherent customs and benefits.

Those who wish, and desire can always ask their religious clergy to bless the tree. Doing so would be a healthy compromise. Planting a memorial tree would be a win-win to everyone. Earth would benefit by more trees; air purification would happen by the memorial trees. Global warming will be reduced, and the future generations would benefit. It would also become a great focal point to remember the departed loved one annually in their birthday and the day of death. Let us too have a living memorial to our departed loved ones.

Ref: <http://www.sciencefocus.com/qa/how-many-trees-are-needed-provide-enough-oxygen-one-person>



Commemorative certificate





# INDIA'S 72nd INDEPENDENCE DAY & FLAG HOISTING CEREMONY

India Independence Day & Flag hoisting ceremony was jointly celebrated by Rajasthan Association of North America (Canada), Sanatan Mandir Cultural Centre, Toronto Arya Samaj & Arya Samaj Markham on Sunday, August 19 2018 at the City of Markham,

India Day celebrations were marked by wonderful speeches, songs, and dance performances by the various participating organizations.

There was an overwhelming response by the community as many people attended this auspicious celebration.

Both the Canadian and India Flag were hoisted and were hoisted by all levels of government.

The event ended with delicious Indian sweet boxes distributed to the general public as they left the event. Thank you to a wonderful team of organizers, performers, volunteers, and supporters for making this community event a success.





# THE HINDU TEMPLE SOCIETY OF CANADA

## Richmond Hill Ganesha Temple



Compiled by  
Kidambi Raj

## SIVA ALANKARA UTSAVAM & 3-DAY NAALVAR FESTIVAL



Naalvar

### 3-DAY NAALVAR FESTIVAL -

Naalvars (Four) were the four most prominent of all the 63 Naayanmaars. Naayanmaars just means absorbed in dedication to Lord Siva. They were 63 Tamil Saints in the sixth to eighth century who were absolutely devoted and dedicated to Lord Siva. Manickavasagar was included to the three of the 63 Naayanmaars, Appar, Sambandar and Sundarar to make the elite group of four called the Naalvar. The Naayanmaars along with the twelve Azhvars who were devoted to Lord Vishnu all greatly influenced the Bhakthi movement in Tamil Nadu.

The names for the list of the Naayanmaars were first compiled by Sundarar and was later expanded by Nambiyandar Nambi during his compilation of material by the poets for the Thirumurai and included Sundarar and his parents. Manickavasagar the 9th century poet was not counted as one of the 63 Naayanmaars, but his works were part of the eighth volume of Thirumurai.

In the 10th century, king Raja Chola I collected Tevaram literature after hearing excerpts of the hymns in his court. His priest Nambiyandar Nambi began compiling the hymns into a series of volumes called the Tirumurai. He arranged the hymns of three saint poets Sambandar, Appar and Sundarar as the first seven books which he called the Tevaram. He compiled Manikkavacakar's Tirukovayar and Tiruvacakam as the eighth book, the 28 hymns of nine other saints as the ninth book, the Tirumandiram of Tirumular and 40 hymns by 12 other poets as the tenth book. In the eleventh book, he created the Tirutotanar Tiruvanthathi (Necklace of Verses on the Lord's Servants), which consisted of 89 verses, with a verse devoted to each of the saints. With the addition of Sundarar and his parents to the sequence, this became the list of the 63 saints. In the 12th century, Sekkizhar added a twelfth volume to the Tirumurai called Periya Puranam in which he expands further on the stories of each of 63 Naayanmaars.

The Naayanmaars were from various backgrounds, including Channars, Vellalas, oilmongers, Brahmins, and nobles. Along with the twelve Vaishnava Alvars, they are regarded the important saints from Tamil Nadu.

The 3-day festival included talks by Saivite scholars on the contributions made by these Naalvars to Saivism.

### 9-DAY SIVA ALANKARA UTSAVAM - AUG.02 TO AUG. 10

This is quite unlike the annual festivals for Lord Ganesa, Lord Murugan and Lord Srinivasa in that this is all in the evenings for nine days. As is aptly called each evening Lord Siva and Nandhi will have a beautiful alankaram and Lord Siva's Utsava idol will be carried around the temple in different Vahanaas. But on the ninth evening the well anticipated Golden Chariot festival takes place. On that evening, the exquisitely decorated idol of Lord Siva will be placed in Golden Chariot and taken around inside the temple. It will be a beautiful sight to behold.

Both the above festivals were very well attended by the devotees.



Nandhi

## SIGNIFICANCE OF VILVA LEAVES FOR LORD SIVA



Lingam

### VILVA LEAVES AND VILVA TREE:

The English name for Vilva is Bael, also called 'stone apple' as its rather large fruit is like pale yellow suns when ripe. In the Atharva Veda it is described as being so sacred that its wood may not be burned for fuel.

The famous Vilvashtakam extols the virtues of the vilva leaf and Siva's love for it. The Vilva tree has been held sacred for many millennia and offerings made to Siva are incomplete without vilva leaves. There are many symbolisms attributed to this leaf: the trifoliate leaves or tripatra are believed to represent various trinities – creation, preservation and destruction; or the three gunas or qualities of sattva, rajas and tamas; or the three syllables that make up AUM, the primordial sound that resonates Shiva's essence. The three leaves are also considered to indicate Mahadeva's three eyes, or the trishul, his emblematic weapon.

### GODDESSES LIVING ON THE VILVA TREE

Skanda Purana narrates that one day while Parvati was resting some drops of sweat fell from her forehead on the mountain Mandara, from which grew the bel tree. Girija lives on the root, Maheswari on its shoulder, Dukshayani on its branches, Parvati among its leaves, Katyayani in its fruit, Gaori in its flowers while in thorns the numerous Saktis find a home. Lakshmi the Goddess of Wealth, also lives in the bel tree.

### MEDICINAL VALUE OF VILVA TREE

Its roots, fruits and leaves have been used from times immemorial in traditional systems of medicine particularly in Ayurveda. They are known to relieve diarrhea, dysentery, constipation, peptic ulcer and respiratory infections. They are anti diabetic, anti microbial, anti inflammatory, antipyretic, analgesic, cardio protective, anti spermogenic, aphrodisiac, anti cancer and radio protective. It is taken in the form of drink made from the fruit chewing of leaves and powdered roots.

### SHOULD YOU PLANT A VILVA TREE IN YOUR COMPOUND ?

As per Vaastu sastra Vilva tree should not be planted in the open space surrounding the building. The shade of this tree should not fall on the building and the people should never rest in the shade of these trees.

### THE LEGEND ABOUT THE POWER OF VILVA LEAVES:

The Siva Purana also relates the following story or myth. Once there was a cruel-hearted hunter by the name of Gurudruh who lived in the lonely forest. On the auspicious day of Maha Sivaratri he had to go out hunting because his family had nothing to eat. Maha Sivaratri (the great night of Siva) is the most sacred time for fasts, prayers and offerings, when even the most involuntary acts, if pleasing to Lord Siva, are made holy. By sunset Gurudruh had not been successful in the hunt. Coming to a lake, he climbed a tree and waited for some unsuspecting animal to come and drink. He did not notice that the tree he had climbed was the Vilva tree. Neither did he notice the sivalingam beneath it, nor the water pot hanging in the branch just above it.

After some time a gentle deer came to quench her thirst, and Gurudruh prepared to shoot. As he drew his bow, he accidentally knocked the water pot hanging in the tree and some water fell down on the sivalingam beneath, along with a few Vilva leaves. Thus, unknowingly and unwittingly, Gurudruh had worshipped Siva in the first quarter of the night. As a result his heart was a little purified by this act performed on such an auspicious night. Meanwhile the deer, startled by the movement in the tree, looked up and saw the hunter about to release his arrow. "Please do not kill me just yet," pleaded the deer. "I must first take care of my children, and then I will return to be food for your family." The hunter, whose heart had been softened a little by the accidental worship, on noticing the beauty of the deer, let her go on condition that she would return on the morrow to give her body as food for his family.

Later that same night, the sister of the deer came looking for her. Once more the hunter took aim and once more, without his being aware, the water and the Vilva leaves fell down upon the sivalingam. Again, unknowingly, the hunter had worshipped Siva in the second quarter of the night. The effect of this was that Gurudruh's heart was further purified. His pranams softened a little more, and he allowed this animal to also go and tend to its young, provided it returned the next day to provide him and his family with food.

In the third quarter of the night, the mate of the first deer came in search of her, and again the strange worship took place as the hunter took aim for the third time. But the hunter's heart was beginning to melt due to the worship, and he let the deer's mate go also for the same reason and under the same conditions. Later when the three deer met together, they discussed who should go and offer themselves for the hunter's food. Even the children offered to give their lives. Finally, the whole family decided to surrender to the hunter together, for none of them could bear to live without the others. Thus, they set off towards the lake with heavy hearts.

When they arrived at the Vilva tree, Gurudruh was very pleased and relieved to see them, and he immediately prepared for the kill. He took aim for the fourth time, but in the same accidental manner as before, worship in the fourth quarter of the night took place unknown to him. This final action of Gurudruh brought about a complete change of heart and, as he was about to release the first arrow, his heart overflowed with pity for the innocent deer. Tears filled his eyes at the thought of all the animals he had killed in the past, and slowly he lowered his bow. Greatly moved by the selfless action of these animals, he felt ashamed and allowed the whole family of deer to leave unharmed. Such is the purity and spiritual power of the Vilva tree that, even without his knowledge or conscious effort, the cruel-hearted hunter had been transformed into a man of compassion and understanding, and was delivered from his past bad karma by the grace of Shiva and the Vilva tree.





The Canadian Tamil Medical Association and Durham Tamil Association (DTA) partnered to host Durham Healthier You; a seminar for children, youth and adults. The event welcomed a host of medical professionals who answered questions and offered one-on-one meetings. The day highlighted everything from eye care and nutrition guidelines to vaccines and general health concerns. There was also incredibly helpful information on services and programs available like Bounce-Back - a free skill-building program designed to help adults and youth - 15-plus - manage symptoms of depression and anxiety.

Seen here is a picture taken at the event

(Picture Courtesy: Steve Mills)



## THE 6TH ANNUAL Vivekananda Public Speaking Competition



The Vedanta Society of Toronto  
is organizing a public speaking competition  
to celebrate Vivekananda's legacy.

**Saturday, October 6, 2018 at 11 a.m.**  
Vedanta Society of Toronto, 120 Emmett Avenue, Toronto

"The man is simply a marvel of oratorical power." — William James

### COMPETITION RULES AND DETAILS

The competition will have two parts:

- A prepared speech for 7–8 minutes (see topics below)
- An impromptu speech for 2–3 minutes (topics to be given during competition)

The competition is open to high school students in two groups:

**Junior Level:** Grades 9 and 10

**Prepared Speech Topic:** Arise, awake and stop not until the goal is reached

Please note:

- Speeches must have a special reference to Vivekananda's life and work
- No notes are allowed during speeches

Participants will be judged on:

- Content (60%)
- Delivery (30%)
- Language and Grammar (10%)

**Senior Level:** Grades 11 and 12

**Prepared Speech Topic:** He alone lives who lives for others

Awards in each of the Junior and Senior categories are:

- First Prize: \$200
- Second Prize: \$100
- Third Prize: \$50

Light lunch will be provided for participants.

Registration is required. There is a fee of \$10 to register. Deadline: **September 28, 2018**

To register, visit [www.viveka-institute.org/public-speaking-competition](http://www.viveka-institute.org/public-speaking-competition)

For more information, please contact Shukla Datta at [shukladatta53@yahoo.com](mailto:shukladatta53@yahoo.com)





# TCASD celebrates Annual Academic Awards 2018

Tamil Cultural Academic Society of Durham (TCASD) celebrated their annual Academic Awards 2018 with 53 Award recipients.

It was a house full event with parents, members and special guests.

City of Pickering Mayor Dave Ryan, Councillor Shaheen Butt and from MP Mark Holland's Office, Sterling Lee were present to grace the occasion and handed out the certificates and trophies to all the award winners.

Tamil Cultural Academic Society of Durham thanks all the members and parents who give their support continuously.

The emcees for the event were Meka Ratnarajah, Sharuya Prathapan and Harani Nadaraj.

TCASD truly believes in giving opportunities to the youth in every event that TCASD stages and motivates them to become great leaders in the future.







# Waterloo Region's First South Asian Sports Day, A success

**Waterloo, ON:** In an event that was about unity among organizations as well as getting the body moving on a beautiful summer Sunday, the first South Asian Family Sports day is considered an immense success. Hundreds of people in the region of all ages came to participate in various sports and even compete for a championship trophy.

Members of the Tamil Cultural Association of Waterloo Region (TCA), the Gujarati Cultural Association (GCA), the India-Canada Association (ICA) of Waterloo, and the Grand River Malayalee Association (GRMA) attended and participated in several sports and workouts throughout the day.

TCA member Dennis Loyola was a proud person for taking the initiative to bring all for communities together under one umbrella. "It's nice to see young kids joining hands with others in playing Volleyball. Cricket was another successful event. With proud, I say the first Cricket tournament and Kho Kho was won by Tamil Cultural Association."

"The motivation of this event is we would like to have our young generation, our young students, and our children come and participate," said Chandrika Anjaria, President of the GCA as well vice-president of the ICA committee. "The idea behind this is for health; people are aware of it, they are enthusiastic in playing and participating. All four associations have put this event together."

The event was free for all members of the associations and included the serving of a breakfast, lunch, and refreshments.

Taking place at Waterloo Park on Sun. Aug 19, the event was very well-organized and had a tournament style format for cricket, Kho kho, and volleyball. Members competing for each community group had T-shirts as well.

Kho kho is a popular variation of tag sport, and is commonly played in India.

Members of a local Bhangra academy also engaged about 75 people in a 10-minute dance workout in the midst of the day.

"The motivation is just one single thing, kids we see nowadays, they all stay back home. We just wanted families to come out with their kids and enjoy the day," said president of the ICA, Vinesh Bakhru.

"(The four associations) did this together, we will definitely promote it to other organizations and if they can join us, that will just be absolutely (great), the more people that come out, the more families will come, and that's the purpose."

Young children got to compete as well, playing a traditional game called seven stones and frog races, as well as participating in sack races where five to nine year olds raced to the finish line, sack or no sack.

Each of the community groups have several members who take part and attend several cultural events throughout the year, and voluntary members of the executive committees of each of the associations assist in putting together the events.

Vice president of the GCA, Dhaval Barot, says the event also has an aim in promoting Indian sports locally as well.

"We need to engage all our kids to join, and get out of their rooms, and avoid their cellphone, and play actual games," he said.

"We would like to do this every year; this was the first year, and it's been very successful, and there are a lot of people here, food was arranged, and it's been a very positive response," said GCA executive committee member Vinay Rathod.

Canadian Minister and Waterloo MP Hon. Bardish Chagger and Mayor of Waterloo Hon. Dave Jaworsky distributed the awards.



**22nd Annual Walkathon**  
**SEPTEMBER 16, 2018**  
*Siri Guru Singh Sabha Cambridge*

**10:00AM - REGISTRATION**  
*1070 Townline Road, Puslinch*

**11:00AM - 5KM WALK BEGINS**

**12:00AM - CLOSING CEREMONIES**  
*Enjoy a delicious variety of hearty East Indian snacks and a huge prize raffle!*

**WALKATHON PROUDLY ORGANIZED BY:**

- Brahmarishi Mission of Canada
- Canadian Hindu Cultural Society of Cambridge
- East Indian Ladies Club
- Golden Triangle Sikh Association
- Grand River Malayalee Association
- Gujarati Cultural Association
- India-Canada Association
- Islamic Centre of Cambridge
- Radha Krishna Mandir (RKM)
- SAI Bhakti Dham
- SAWR (Seniors Club)
- Siri Guru Singh Sabha Cambridge
- Tamil Cultural Association of Waterloo

**SPONSORED BY:**



**FOR MORE INFORMATION:**

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Chandrika Anjaria  
Surekha Shenoy

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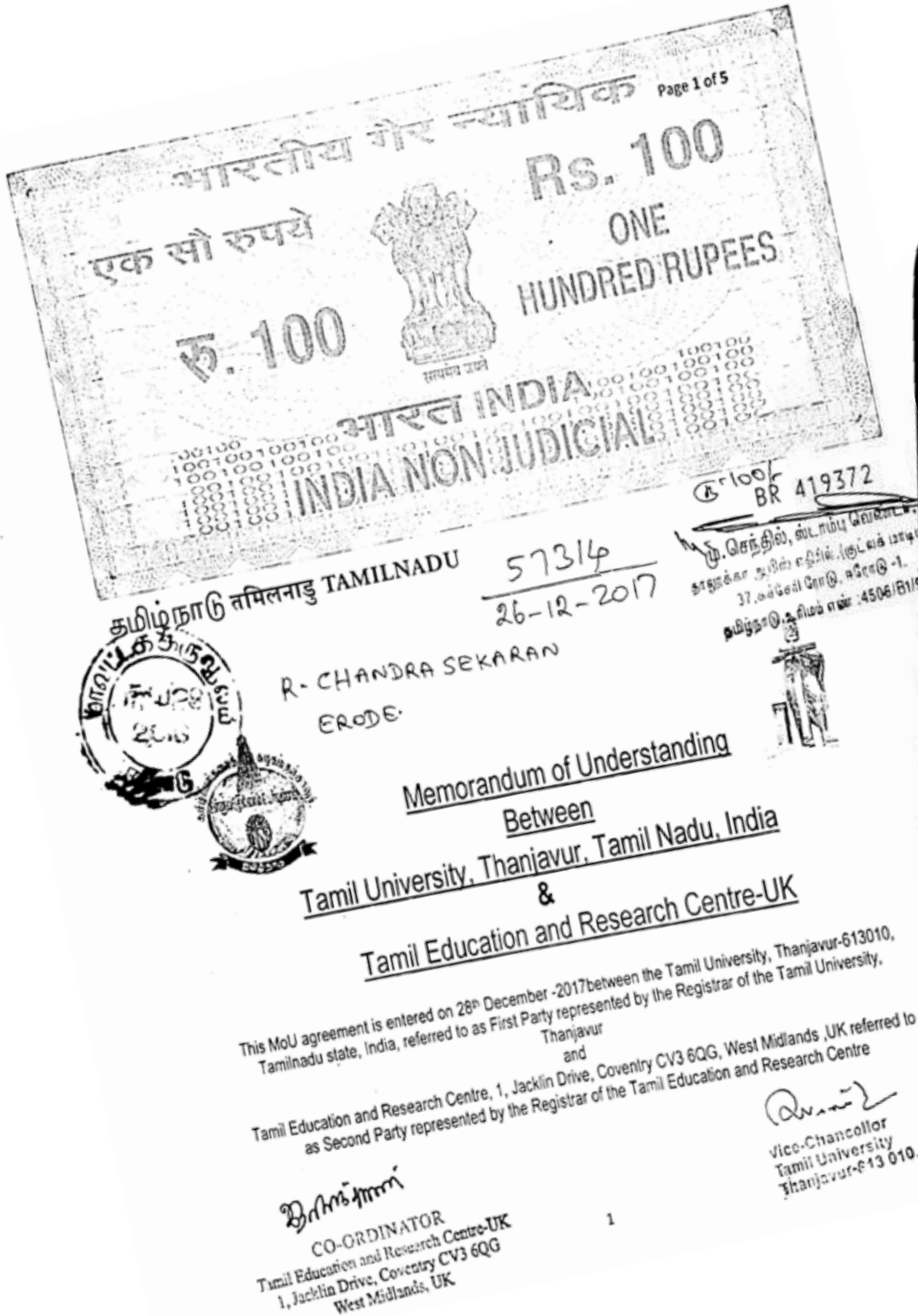
# நீங்களும் மூன்று வருடங்களில் BA (தமிழ்) பட்டதாரியாகலாம்

Thanjavur Tamil University has been granted special permission by The Tamil Nadu Govt to propagate Tamil outside Tamil Nadu. For this purpose Tamil Valar Maiyam has been established at the university and 10 million dollars has been allocated for this purpose.

Thanjavur University and Tamil Education and Research Centre UK have signed a MOU to conduct BA, MA Degrees in Tamil, Music, Yoga and Diploma courses in Bharatham and Music in EU-ROPE and CANADA.

Applications are now called for BA first year and BA second year.

MA first year to be held in May 2019; Any one with Grade 12 Canada, AL Sri Lanka three passes, 2 plus India or any diploma or degree are allowed to appear for the BA degree. Those who have any Bachelor degree may apply for MA.



## Application closing date 30th September 2018

• Fees per year \$ 400. This includes Exam fees, printed Notes for each subject, Conducting expenses of the exam, and One to One guidance to clear doubts.

email: [info@tearc.org.uk](mailto:info@tearc.org.uk)

**Tel. Ph 01+44 795 840 8280**

In Canada: Western Tamil Schools Federation

**M.C. Francis**

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**Ragu Thillainathan**  
Sales Representative

**416-629-5800**

homesbyraghu@gmail.com

**SALE** 8th Line/Rogers Trail



**\$899,900**

Bedroom : 4  
Washroom : 4  
**Bradford**

**SALE** Hwy 25/Amaranth



**\$649,900**

Bedroom : 3  
Washroom: 3  
**Orangeville**

**SALE** Markham/Sheppard



**\$375,000**

Bedroom: 1+1  
Washroom: 1  
**Toronto**

**SALE** Hwy 401/ Mccowan



**\$365,000**

Bedroom: 1+1  
Washroom: 1  
**Toronto**

**SALE** Rossland/ Tamarisk



**\$998,800**

Bedroom : 4+2  
Washroom: 4  
**Whitby**

**SALE** Taunton/Harmony



Bedroom: 4  
Washroom: 4  
841 William Lee Ave  
**Oshawa**

**SOLD** Brock/Taunton



Bedroom : 4 +1  
Washroom : 4  
**Whitby**

**SOLD** Taunton/Country Lane



Bedroom: 3  
Washroom: 3  
**Whitby**

**SOLD** Fallingbrook/ Taunton



Bedroom 4+1  
Washroom: 4  
**Whitby**

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2018**

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**MORNINGSIDE PARK**

390 Morningside Avenue, Scarborough

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